

Celebrity Buzz

Williams to play Boyle in film on her life?

pg 22



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AUGUST 26, 2009



EASY MONEY WEEKDAYS
@ 7:13am, 8:13am, 12:13pm & 4:13pm

Murderer granted right to leave jail unescorted

RESTAURANT One of the men convicted in the McDonald's murders, which happened in Sydney River during the early 90s, has won the right to unescorted passes from prison following a hearing Monday.

Leyla Mavaddat, a spokeswoman for the National Parole Board in the Quebec region, confirmed today that Darren Richard Muise has been granted the passes, but said she couldn't release the reasons for the board's ruling until the victims involved are informed of the decision.

Muise, Freeman MacNeil and Derek Wood all received life sentences in 1993 for the murders.

Killed in the botched robbery that occurred early May 7, 1992 at the Sydney River MacDonald's restaurant were Neil Francis Burroughs, 29, James Fagan, 27, and Donna Warren, 22. Arlene MacNeil, the first person shot that night as the robbers burst into the building, was the only worker to survive. She was left permanently disabled by brain injury.

CAPE BRETON POST

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Entertainment pg 20



Return of 3-D thrills



Dartmouth natives Maria Halavrezos, left, and Jenna Marks celebrate their gold-medal win in the women's C-2 500-metre race yesterday at the Canada Games on the Southwest River near Clinton, P.E.I. It was part of a 10-medal haul for Nova Scotia's sprint canoe-kayak athletes.

Boatloads of gold

Provincial paddlers bring home big haul with 10 medals on the day

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Nova Scotia paddled its way to a boatload of medals at the Canada Games in Prince Edward Island yesterday.

The province's canoe-kayak athletes steamrolled the competition on the Southwest River near Clinton, P.E.I., winning 10 medals, including five gold, as Week 2 of the Games hit full swing. Nova Scotia won seven medals overall in Week 1.

"It's great that we can contribute to the team so much," said Jason Mc-

Combs, a 16-year-old from Dartmouth who won gold in the men's solo 500-metre canoe event.

"Everyone's pretty excited about our results. I think it's going to be a good thing for the rest of the week."

Dartmouthians did most of the damage yesterday, with twin brothers Brian and Dennis Stever joining McCoombs atop the podium with a win in the C-2 500.

Maria Halavrezos and Jenna Marks won gold in the women's C-2 500 and Hannah Vaughan, along with Waverley's Erika Taras, did the same in the

K-2 500. Vaughan and Taras were also part of the gold-medal winning K-4 500 crew with Fall River's Michelle Russell and Waverley's Nicole Brown.

Nova Scotia is now fifth with 20 medals. The paddlers hope to match the 28 medals they won in Regina in 2005.

"We have a really good chance," Brian Stever said. "Medalling in all of our events today is definitely progressing toward achieving our goal of beating our 28 medals from last time."

Marks and Halavrezos teamed up with Lawrence-town's Kelsey Cuvelier and Dartmouth's Adrienne

Keene to win silver in the women's C-4 500 race. Vaughan (K-1 500) and Marks (C-1 500) added bronze medals, as did Halifax's Andrew Jessop (K-1 500) and the K-2 500 crew of Waverley's Andrew Pickrem and Dartmouth's Adam Tenwolde.

Halifax swimmer David Sharpe, one of Nova Scotia's flag bearers, captured gold in the men's 200-metre butterfly.

Kentville's Chris Theriau (silver, men's 110-metre hurdles) and Liverpool's Chelsea Whalen (bronze, women's shot put) captured Nova Scotia's other medals yesterday.

HRM cops declare assault now a homicide

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PROSECUTION Halifax Regional Police are now calling a recent assault that started as a late night fight in a Dartmouth street and ended as a death in a Halifax hospital a homicide.

Police spokeswoman Theresa Rath has confirmed that Dale Nichols, 51, of Dartmouth died of his injuries late last Friday afternoon at Queen Elizabeth II Health Sciences Centre, where he was rushed almost two weeks ago.

She said yesterday the suspect and victim knew each other and had "to participate in a consensual fight."

Officers were called to the corner of Prince Albert Road and Pine Street at about 10:45 p.m. Aug. 13 for what was reported as "an injured person."

"A 51-year-old victim was taken to Dartmouth General Hospital with a head injury and was later transferred to the QEII with life-threatening injuries," Rath said.

Officers then arrested 20-year-old Dennis Baxter of Dartmouth at the scene, she said, adding he appeared in Dartmouth provincial court the next day charged with aggravated assault and was then released.

Rath said the charge could be upgraded, but forensic testing is still being done.

"We are reviewing the case with the Public Prosecution Service," she said.

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CHRYSLER DODGE JEEP

The president and CEO of Minas Basin Pulp and Power is the newest member of Nova Scotia Business Inc.'s board of directors. The province's business development agency announced Scott Travers as the addition to its team yesterday. **METRO HALIFAX**

Local



One man's junk ...

A unique exhibition ends this Sunday at the Art Gallery of Nova Scotia. Sometimes Always, described as a "an eclectic range of local and international artists who incorporate a range of obsolete technology such as cassette players, 8 track players and record turntables," has been available for viewing since early June. The gallery presented the exhibition in co-operation with The Centre for Art Tapes, who will together host a reception celebrating its catalogue launch in the main lobby of the AGNS on Hollis Street this Saturday at 2 p.m. **METRO HALIFAX**



Seasoned N.S. journalist joins CBC News

TV One of the province's top political reporters is switching media ships.

Legislative reporter Amy Smith is leaving The Chronicle Herald to join CBC Television.

When she starts in mid-September, part of Smith's new position will include co-hosting newscasts alongside current host Tom Murphy, CBC News announced yesterday.

"We're continuing to build Nova Scotia's strongest newscast and Amy is recognized as one of the best journalists in the province," Andrew Cochran, managing director of CBC Maritimes, said in a news release.

Smith has worked at the Herald for 15 years.

The move corresponds to CBC overhauling its flagship news show.

Starting Aug. 31 the program will be broken into three half-hour segments running from 5 to 6:30 p.m.

They are CBC News: Nova Scotia at 5; CBC News: Halifax at 5:30 and already popular CBC News: Nova Scotia at 6.

METRO HALIFAX



Video Alberta Premier Ed Stelmach warns it may take years for the province's finances to fully recover at metronews.ca/canada

Blogs Hollywood Rants on how one of the year's loudest films inspired one of the year's coolest costumes



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New rules for immigrants' adult kids

NDP announces new options to streamline process in Nova Scotia

PAUL MCLEOD
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Adult children of immigrants who came to Nova Scotia through the nominee program learned yesterday they will now have a better chance at living in the province as well.

Up until now, nominee program families were able to bring their dependent children, but any child who had grown to age 21 or older had to apply separately on their own.

Shomaila Swing and her 10-year-old daughter are living in Nova Scotia with about a year left on a two-year work visa.

The new stream means she may permanently be able to live close to her parents, who came to Nova Scotia two years ago.

"I've already had a nomadic lifestyle and my daughter's not very keen on it," Swing said yesterday, shortly after the NDP government announced the new immigration option in downtown Halifax.

"She doesn't want to move schools again," Swing said.

"She's made new



Azhar Swing, left, owner of Sharkey's Cuts for Kids in Bedford, and his daughter and salon manager Shomaila Swing, try to coax a smile from 10-month-old Kathleen Shaw who was getting her first haircut yesterday. The Swings are happy about a new immigration option announced yesterday which is designed to attract young newcomers to the province.

friends ... This is home for us."

Swing is originally from Dubai but had worked as a salon manager in the United Kingdom before

coming to Nova Scotia. She's now managing Sharkey's Cuts for Kids in Bedford, owned by her father, Azhar Swing.

With the new immigra-

tion stream, children of nominee program families will be able to gain permanent residence in Nova Scotia without a pre-existing job offer.

Entrants must be reasonably fluent in either French or English, educated, and able to become economically established in the province.

Parents of the new immigrants must have been living in Nova Scotia for at least three months.

Immigration Minister Ramona Jennex said the province doesn't know how many people will apply under the new stream, but added 55 families had approached the government about wanting to bring their adult children to the province.

She said the majority of applicants are expected to be in their 20s and 30s, which will help combat the province's population from aging and declining.

"We are committed to attracting more of these people to our province."

Alt activities for frosh week

HILARY BEAUMONT
for Metro Halifax

Alt 101

• In its fourth year, the alternative orientation offers a bike tour of Halifax community gardens, a vegan baking how-to workshop, media training with campus radio station CKDU, a tenancy rights workshop, several feminist and queer themed educational workshops and more.

The Nova Scotia Public Interest Research Group is hoping an alternative orientation week will give socially conscious students a way to connect with the Halifax community, not just a way to party.

Or as co-organizer Sebastien Labelle explains, Alt 101 will educate, not intoxicate.

"The impetus for it was to respond to interests of new and returning students that weren't being met by the typical frosh or orientation series of events organized by various campuses here in Halifax," Labelle said by phone yesterday.

He said the month-long

orientation is meant to complement regular frosh activities with a more in-depth look at the off-campus side of the city.

"Generally frosh activities are centred around the campus community and the student body, which is great, but Alt 101 wants to try and build more bridges between

campus and the community at large."

Labelle said Alt 101 will meet a demand for events that cater to "groups that represent minorities in Halifax or different identities," which aren't covered by typical campus frosh events. It should also give Halifax newcomers a chance to get involved in various grassroots movements.

"Most activities have a critical education aspect to it and an engagement aspect — a way for students to get engaged in political or social or environmental issues within the community," Labelle said. "That's not to say that all activities aren't generally parties or fun-centred, but looking to go beyond that. Obviously Alt 101 activities look to be fun as well."

Halifax couple charged in Alberta

VICTORIA HANDSIDES
Metro Canada

MANHUNT Edmonton police have charged a Halifax couple following an apparent phoney kidnapping.

A manhunt began after 22-year-old Chantel Lorenz was allegedly abducted from a downtown apartment building Sunday afternoon.

Witnesses told police that Lorenz's boyfriend was assaulted, and that the assumed kidnapper dragged her to a waiting vehicle.

"Certainly, there was an assault that occurred," Edmonton Police Service spokesman Jeff Wuite said,

"Certainly, there was an assault that occurred."

Jeff Wuite, Edmonton police

adding the investigation is ongoing.

"As far as what people perceived as an abduction, we're really not at liberty to discuss it."

The pair turned themselves in to Calgary police Monday afternoon.

Thomas Bradstock, 47, has been charged with assault causing bodily harm. Lorenz was arrested on several outstanding warrants.

News in brief

BEACHES Three Halifax Regional Municipality beaches have reopened to the public. The Natural Resources Department said yesterday boardwalks and stairs are still being repaired

on Martinique, Lawrencetown and Conrad's after being damaged by hurricane Bill, adding visitors should follow posted signs and exercise caution when visiting the provincial

beaches. Go to novascotia.parks.ca for more info. **STANDOFF** It took Halifax Regional Police close to an hour to convince a man who had barricaded himself inside his

Dartmouth home to come out yesterday. Police spokeswoman Theresa Rath said officers responded to the "agitated male" who was "contemplating suicide" inside his This-

tle Street residence just after 11 a.m. She said the 31-year-old man wasn't happy to see police, but it resulted in "a successful conclusion."

METRO HALIFAX

Queens County Fair Association getting federal support

The Queens County Fair Association will receive just over \$12,000 from federal stimulus funds. South Shore-St. Margaret's MP Gerald Keddy announced the financial help from the Community Adjustment Fund, aimed at creating jobs, on behalf of the Atlantic Canada Opportunities Agency yesterday. **METRO HALIFAX**

local **3**Kearney Lake **Bid for the finish line**

Ahmed Abdelhameid does a dolphin dive as he swims for the finish line in a competition with fellow lifeguards on Kearney Lake yesterday. Abdelhameid finished in third place behind brothers Ryan and Adam Fahie. The competition involved running for 1 ½ kilometres and then swimming for 500 metres. The event raised money for the Arthritis Society of Nova Scotia.

September all about
Halifax water-works

HILARY BEAUMONT
for Metro Halifax



AWARENESS The Ecology Action Centre plans to paint Halifax's murky green harbour a more environmentally friendly shade of blue this September, as part of a series of events focused around the city's main water feature.

"In this time with no sewage treatment, we have to be extra careful," the centre's water co-ordinator Jocelyne Rankin said yesterday. "This begins with just better practices at home."

Some good deeds on the month-long list of activities include fixing leaks, cleaning up a beach and learning the dos and don'ts of flushing.

Water month kicks off with Fix a Leak Week, an opportunity for HRM residents to learn how to reduce water waste at home and lower their water bills at the same time. A home renovation professional from the Ecology Action Centre and a water expert from the Halifax Water Commission will share tips with Haligonians at the centre at 7 p.m. Sept. 2.

During the second week

"With no sewage treatment, we have to be extra careful. This begins with just better practices at home."

Jocelyne Rankin,
Ecology Action Centre

of Paint the Town Blue, residents can take a guided tour of the HRM Watershed to find out where their drinking water comes from and how to protect it.

"A lot of people don't necessarily trust our drinking water," Rankin said. "Having an opportunity to go look at this rather pristine watershed is a really good opportunity for people to learn."

The tour begins at 6:45 p.m. on Sept. 10.

On Sept. 19, the centre will co-host the Great Canadian Shoreline Cleanup Kick Off event at Black Rock Beach in Point Pleasant Park at 10 a.m.

During the last week of September, anyone who feels up for an adventure can take a trip to McNabs Island to see where the things they flush end up.

'Living lab' lands more funds

NSCC's Centre for the Built Environment receives \$1.4M

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The Nova Scotia Community College's "living laboratory" in Dartmouth got some more green yesterday — \$1.4 million to be exact.

That's how much the federal government is giving the NDP for its innovative Centre for the Built Environment, part of the college's Waterfront Campus. The building is made

up almost entirely of new, green technology.

The funds will support solar panels on the roof, a solar hot-water system, wind turbines, geothermal heating and cooling, and a new style of roof that will reduce heating and cooling demands while increasing water absorption.

"The innovative technologies used to build and operate this new facility will set the bar for energy efficiency and conservation, and be a model for

new and existing buildings, offices and homes in our communities," Environment Minister Sterling Belliveau said in a release.

The centre is currently under construction, set to open in 2010 and will deal with the "built environment," such as homes, roads and cities. It will ensure spots for about 800 students to work towards developing an environmentally conscious construction sector.

NSCC president Joan

McArthur-Blair has in the past described the Centre for the Built Environment as "a living laboratory to look at ways we can relate to the built environment. It will have living walls on it with green roofs, green walls, wind, solar."

The \$1.4 million announced yesterday is on top of almost \$28 million in capital funding committed by the government towards the estimated \$31 million total cost of the building.

Update on provincial environmental plan draws concerns

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GREEN GOALS Overshadowed by a green funding announcement, an update on the province's environmental plan came out yesterday to mixed reviews.

Passed by all parties, the Environmental Goals and Sustainability Act is the definitive plan for the province to go green. At the time, it was praised by environmental groups as

ambitious, but yesterday those same groups expressed some concern.

Of the act's 21 goals, five had deadlines in 2008 or 2009. Of those, only three are on track to be met.

"We have some sympathy (in struggling to meet goals), but to some extent you have to say a goal is a goal, a promise is a promise," Mark Butler, policy director for the Ecology Action Centre in Halifax, said yesterday.

Most worrisome to But-

ler is that one goal was dropped altogether. New homes were supposed to have energy-efficiency labels so prospective buyers could tell how efficient they are.

"They made that mandatory in the legislation that this would have to happen. And then they dropped it back down to voluntary, which was what it was beforehand," he said.

"The strength of this act is it was goals with dates in legislation. Now if they can

just drop a goal basically, what does that mean for the other ones?"

Butler said the positive news is the government is set to meet its 2009 goals on wetlands, sustainable procurement and nitrogen oxide emission targets.

The Progressive Conservative party immediately praised the update, saying it showed targets were being met and progress made.

WITH FILES FROM
KRISTEN LIPSCOMBE

Black Cultural Society seeks directors

NOMINATIONS The Black Cultural Society announced yesterday it's calling for nominations of members who may be well suited to become one of the group's seven new directors across the province.

The non-profit society, which aims "to protect, preserve and promote" black culture, will elect its

new directors at an annual general meeting next month. Nominations can be addressed to the nominating chair, care of the Black Culture Centre for Nova Scotia.

The meeting takes place inside the centre, located on Highway 7 off Cherry Brook Road, at 7 p.m. on Sept. 19.

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Former U.S. president George W. Bush will be travelling to Montreal in October for a speaking engagement, CBC News Online reports. Bush is scheduled to speak Oct. 22 at the Queen Elizabeth Hotel. **METRO NEWS SERVICES**

Bush heads to Quebec

Canada



Jurassic Park revisited?

After years spent hunting for the buried remains of prehistoric animals, a Canadian paleontologist now plans to manipulate chicken embryos to show he can create a dinosaur, reports say. Hans Larsson, the Canada Research Chair in Macro Evolution at McGill University, said he aims to develop dinosaur traits that disappeared millions of years ago in birds. Larsson believes by flipping certain genetic levers during a chicken embryo's development, he can reproduce the dinosaur anatomy. **METRO NEWS SERVICES**

Aboriginals face AIDS spread

HEALTH AIDS is spreading faster among Canada's aboriginal people than in the general population, and a strong cultural stigma and links to rising drug use make the problem difficult to solve.

One health official compared it last week to the AIDS epidemic in Africa and warned that up to 30 per cent of the aboriginal population in Saskatchewan could die of AIDS within a decade.

Saskatchewan's top

health official dismissed that prediction, but said the rapid spread of AIDS in the native population is a growing concern.

Many aboriginals, a broad term that includes Indians, Inuit and Metis, live in poverty and suffer poorer health than most other Canadians.

Those aboriginal people make up about 3.3 per cent of the population, living mainly in western cities, the North and in rural reserves. **REUTERS**

PM meets with NDP boss

Talk comes after Grit leader publicly mulls forcing fall election

Prime Minister Stephen Harper was meeting with the head of an opposition party yesterday afternoon as political leaders mull whether to risk forcing an early election in coming months.

Harper issued the invitation to Jack Layton, leader of the New Democratic Party, after Layton suggested last month that they talk before Parliament returns from its summer break.

The governing Conservative party has only a minority of seats in the House of Commons and needs the support of one of the three opposition parties to stay in power.

The Conservatives are sending out the message that the country's economic recovery is too fragile to



Protesters follow NDP Leader Jack Layton as he arrives to meet Prime Minister Stephen Harper in Ottawa yesterday.

risk holding another election campaign and possibly changing the government so soon after last October's vote.

"We're hearing the Canadian public telling us this is a very dangerous time to have an election," Harper spokesman Dimitri Soudas

said.

Liberal Leader Michael Ignatieff, told the Montreal newspaper Le Devoir in an interview published Monday that an election at this point would not create any instability.

"We could have an election without endangering

"We could have an election without endangering anything at all."

Liberal Leader
Michael Ignatieff

anything at all. You could even say it would be good for the country, but that's another story," Ignatieff said.

However, he added that he was still mulling whether to try to pull the plug on the government, asking himself whether the Liberal party was ready, whether this would be in the national interest, and whether it was possible to continue working with the Tories. **REUTERS**

News in brief

FRACTURES Hip fracture rates have declined among the elderly for a variety of reasons, but the disabling injury is still a major health threat as populations age, Canadian researchers said yesterday. A steady year-over-year decline in fracture rates since 1985 predates widespread use of drugs

used to treat osteoporosis and preserve bone density, the researchers said. **REUTERS**

JENKINS CASE Signs would suggest former reality television contestant and Calgarian Ryan Jenkins as the sole suspect in the murder of his ex-wife, U.S. police said in recent reports. **METRO NEWS SERVICES**




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Tobacco will kill six million: Report

Tobacco use will kill six million people next year from cancer, heart disease, emphysema and a range of other ills, the American Cancer Society said in a report issued yesterday. **REUTERS**



World



Legal blunder lets porn be sold to kids

British retailers who sell children violent or pornographic videos will be immune from prosecution for the next three months after the discovery of a government blunder 25 years ago. Britain should have notified the European Commission of the existence of the Video Recordings Act 1984 — which regulated the industry — but failed to do so. The discovery of the omission means the VRA is not enforceable in U.K. courts. In the interim, people will be able to sell pornographic and violent videos to children under the age of 18 without fear of prosecution. **REUTERS**

Blast kills 40 as race runs tight

AFGHANISTAN With early results yesterday showing Afghanistan's presidential race neck-and-neck, a massive truck bomb that killed 40 civilians and wounded 60 in Kandahar showed the scale of problems facing the eventual winner. The blast took place shortly after dusk as Afghans across the country were breaking their daily fast in the holy Muslim month of Ramadan. There was confusion over whether the explosion was from one big truck bomb or a series of smaller, simultaneous devices. Provincial Governor Ahmed Wali Karzai told Reuters that 40 people were killed and more than 60 wounded, all civilians. Earlier, the first partial results from last Thursday's election had President Hamid Karzai and his main rival running neck-and-neck, suggesting a race headed for a runoff. **REUTERS**

Marriage rights bill in Mali faces protests

Mali's top Islamic body urged President Amadou Toumani Toure yesterday not to sign a new family code boosting women's rights in marriage, pointing to mass protests against it in the mostly Muslim African state.

The code, which won the backing of parliament this month, would throw out a previous clause that a woman should obey her husband, as well as equalize inheritance rights between legitimate and illegitimate children.

"Signing this into law would go against the will of most of this country's over 80 per cent of Muslims," Mohamed Kimbiri, secretary of the High Islamic Council said.

Kimbiri said further protests through the country were planned after a rally through the capital Mabako at the weekend drew some 50,000 demonstrators.

"That was the biggest march ever organized — even the marches of March 26, 1991, did not mobilize as many people," he said of protests which brought down the dictatorship of General Moussa Traore.

Cotton-producing Mali is one of the poorest countries in the world. While it is predominantly Muslim, it has a secular constitution. **REUTERS**

Philippines Militant arrested



Dinno Amor Pareja is escorted to jail in Metro Manila yesterday. Philippine National Police said Pareja, believed to be the new leader of Rajah Solaiman Movement, a local militant cell composed with links to the Abu Sayyaf, Jemaah Islamiya and the al-Qaida, was arrested in the southern Philippines. **REUTERS**

Runner returns to South Africa

GENDER CONTROVERSY World champion South African runner Caster Semenya, whose victory has been overshadowed by a gender testing controversy, returned home to a heroine's welcome yesterday. Furious South Africans have accused the International Association of Athletics Federations of everything from racism to imperialism for ordering a gender test after her rapid improvement raised suspicions. Semenya, who won the women's world 800-metres title in Berlin last week, was greeted by thousands at Johannesburg's airport. **REUTERS**

News in brief

FEDERAL RESERVE U.S. President Barack Obama nominated Ben Bernanke to a second term as Federal Reserve chairman Tuesday, aiming for

continuity at a time when the U.S. economy is breaking free from a deep recession. The decision, while widely expected, was welcomed by financial

markets and policy makers around the globe. Economists said it removed uncertainty at a delicate juncture in the economy's recovery. **REUTERS**

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*Please note Sept. 7 is a holiday—no collection. Alternate collection will take place on Sat., September 5. For other collection areas, or for further information call 490-4000 or visit our website at www.halifax.ca/wrms.

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Comment

Modern tale of tragedy

Form may be different, but outcome remains the same

TheWestView

Paul Sullivan

metronews.ca/thewestview

I can't believe I'm writing this, but the Ryan Jenkins/Jasmine Fiore saga has a tragic, almost Shakespearean quality that elevates it above what one reporter called its "grimy glamour."

While its seamy details have cranked the reality TV/tabloid industry into hyperdrive, even threatening to replace Michael Jackson's bizarre addictions as the lead item, this story says something about our times and the people caught up in them.

Ryan, from Calgary, and Jasmine, from Bonny Doon, a suburb of Santa Cruz, Calif., were once real people.

Ryan worked with his father and made real estate deals in Canada's oil capital. He gave flying lessons. He was accomplished.

Jasmine, a.k.a. Jasmine Lepore, was once an athletic girl who loved dogs and horses and dreamed of becoming an actress.

Today they are dead. Jasmine's body was found mutilated to hide her identity, stuffed in a suitcase and discarded in a park near Los Angeles, where it was found by a homeless person. Ryan was the prime (and apparently only) suspect. On the run, he was found dead from an apparent suicide in a cheap motel room in Hope, B.C.

Before they died, they both caught Hollywooditis, which is often fatal. It af-

fects the heart and soul and transforms its victims into strangers to their loved ones and, I suspect, themselves.

"If there was ever a Romeo and Juliet for the reality TV generation, this is it, a cautionary tale for people who think in 10-second sound bites or 140-character Tweets ..."

Jasmine changed her name, got a boob job, posed for Playboy and married Ryan, a guy she'd known for two days in Vegas. Ryan became a professional lounge lizard, signing up for "reality" shows called Megan Wants a Millionaire and I Love Money 3, both VH1 productions that wallow in greed and soft porn.

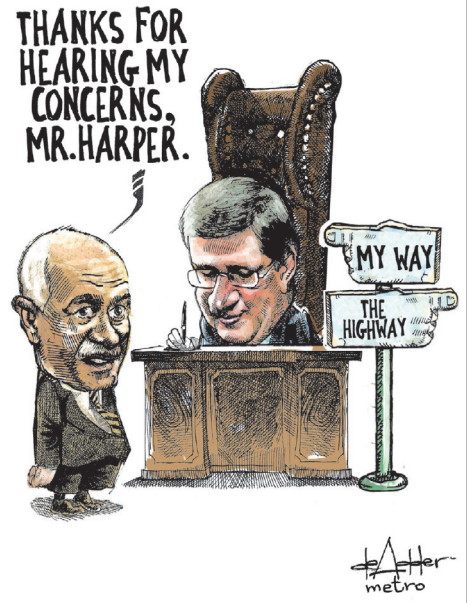
Almost inevitably, these two fakes found each other and that's when reality (the real thing) set in, like the mother of all hangovers.

It would take Shakespeare at the height of his

powers to capture all the irony that taints this story. At its core, a most bitter twist: Although Jasmine's killer — allegedly Ryan — pulled her teeth out and cut off her fingers to obscure her identity, the CSI wizards identified her by the serial numbers on her breast implants. Even Shakespeare would have a tough time coming up with that one.

If there was ever a Romeo and Juliet for the reality TV generation, this is it, a cautionary tale for people who think in 10-second sound bites or 140-character Tweets, rather than Acts 1, 2 or 3. The form may be different, but the outcome is the same. The lovers end up dead and the rest is silence ... at least until the next exclusive report, after these messages from our sponsor.

Paul Sullivan is a Vancouver-based journalist and owner of Sullivan Media Consulting; vancouverletters@metronews.ca.



Worth mentioning

It's all in the numbers when seeking a mate

Looking for "the one?" An Australian mathematician says singles face much better odds if they date, and then reject, 12 potential partners, and then start searching for love.

Dr. Clio Cresswell, of the University of Sydney, told Reuters this strategy, the result of a complex

mathematical analysis, gave those looking for love a 75 per cent chance of actually finding a partner — and staying with them.

"We're so used to saying 'he's the one' but we've got such an awful track record, with divorce rates so high in many places," she said. "But even in this day and

age, where we meet so many people every day, 12 is still a valid number.

"This isn't about right or wrong, it's about patterns," Cresswell said. "Mr. or Mrs. Right don't just come into our life. We have to work at it."

Cresswell, who has written a book called Mathematics and Sex and wants to make maths as accessible and enjoyable as the arts, says her theory is aimed at bringing some rational thought into the often irrational process of falling in love, and should not be confused with relationship advice.

REUTERS

Word on the street: Is global warming responsible for the extreme weather happening worldwide?

Annette Demone

age 72, Halifax

A: Yes, I think so. I listen to the experts. With so many storms and hurricanes and tornadoes right now ... I think the environment is suffering a lot.

Brolin Devine

age 22, Halifax

A: I'd have to say partially — it's probably more than one thing ... Humans aren't helping; they're speeding it up a little. It's a combination of natural and man-made factors.

Lisa Hojszak

age 25, Calgary

A: Definitely. I've lived in Calgary my whole life and every winter has been different the past few years and every summer is different.

Andrew Spencer

age 40, Toronto

A: Yes ... It has a lot to do with the industrial revolution that has put all the toxic waste and gas into the environment. It's an accumulation of years of neglect and greed.

Tania Mondragon

age 32, Vancouver

A: I think it is related. We've reached the point where nobody has cared about the environment for so long and this is the result. It's a wake-up call to all of us.

Sam Jomha

age 31, Edmonton

A: No, because historical weather patterns show that weather's always been like that — it's cyclical.



Tell us your views by email to halifaxletters@metronews.ca or comment on metronews.ca or on Twitter @metrohalifax. Letters must include sender's full name, address and phone number — street name and phone numbers will NOT be published. We reserve the right to edit letters.

Saint Mary's Huskies alumnus Colin Power has inked a deal to play for the East Coast Hockey League's Stockton Thunder this coming season. Power had 40 points and 160 penalty minutes in 112 games during four years at Saint Mary's. **METRO NEWS SERVICES**

Sports

EDITOR: CHRIS.CLEMENTS@METRONews.CA



Conrad starts snowboard season

Sarah Conrad of Dartmouth got back into action in Cardrona, New Zealand, yesterday, in the first World Cup snowboard event of the season. Conrad, who attended the 2004 Olympics, was unable to advance to the women's half-pipe semifinals.

METRO HALIFAX



The Mooseheads are looking for a backup for Mathieu Corbeil.

Favourite emerges in race to be Herd's No. 2 goalie

MATTHEW WUEST
matthew.wuest@metronews.ca

Rookie Joel Grondin has jumped to the forefront in the fight for the Halifax Mooseheads' backup goaltending job.

Grondin, who was among 10 stoppers invited to training camp to battle for a spot behind 18-year-old starter Mathieu Corbeil, has made the biggest impression on the coaching staff so far and is one of only four left fighting for the job.

The 17-year-old from Port Cartier, Que., is nursing a mild groin injury heading into tonight's 6:30 p.m. QMJHL pre-season tilt with the P.E.I. Rocket at the Halifax Forum.

"Grondin's had a pretty good camp," said Mooseheads head coach and general manager Cam Russell, when asked which stopper has the inside track on the backup job.

"We've seen a lot of good things from him as a young goaltender and we're really liking what we're seeing so far."

Grondin, selected in the ninth round (145th overall) of June's draft, stopped 20 of 22 shots before being injured in Saturday's 6-5 shootout road loss to the Rocket.

The six-foot-one 192-pounder started 31 games with Notre Dame in the Quebec AAA ranks last season, going 12-13-2 with a 3.38 goals-against average and a .879 save percentage. Tryout Randy Chisholm, 17, and Gatlin Burt, 18, as well as 19-year-old Justin Collier, remain at camp. Burt hasn't been able to skate yet because of paperwork issues.

The Mooseheads have been impressed with the play of many rookies at camp to the point where some returnees from last season's roster are starting to feel the heat. Russell said cutting a returning player is "definitely" a possibility.

"Our veteran guys had five months in the off-season to train and be in peak shape coming into training camp," he said. "If some of them haven't done that, that's not my fault."

Dunbrack are champs

Two goals from Julie Lawrence help team capture title

MATTHEW WUEST
matthew.wuest@metronews.ca

When you only score two goals all summer, you might as well make them count. Julie Lawrence did just that.

The Halifax Dunbrack winger rose to the occasion in Nova Scotia Soccer League Premiership's women's championship last night at Mainland Common, scoring a pair in a 3-1 victory over two-time defending champion Halifax City.

"I was joking with my coach before the game that I was saving them up for the final," Lawrence said. "It's pretty exciting that it worked out that way ... I'm not a prolific goal-scorer but I'm excited with what happened today."

Lawrence snapped her goalless summer in the 32nd minute, scoring on a tap-in after a great play by league MVP Leanne Huck. Less than a minute later, Dunbrack's Kate MacDonald blasted home a long bomb from 30 yards out.

Five minutes into the second half, Lawrence bagged her second.

"It was a good game to save them up for, that's for sure," grinned Huck, who usually does Dunbrack's scoring, with 11 goals and a Golden Boot award to



Halifax City Pacifico defender Katie Prowse collides with Halifax Dunbrack Rooms Plus forward Leanne Huck during the second half of the Nova Scotia Soccer League Premiership championship final at the Mainland Common yesterday. Halifax Dunbrack won the game 3-1.

her name this summer.

Nkem Ezurike scored for City, which won a national championship last season. The club struggled to find its game after star midfielders Hannah Abenheimer and Rachael Swetnam went down with knee injuries in the first half.

"They're our engine,"

said City head coach Carl Hayre.

The good news for City is, they'll still get to defend their national title in October. Nova Scotia received an additional berth at the tournament after several provinces dropped out.

"It will almost be like a brand new season," Hayre

said.

That fact that both teams are going to nationals didn't lessen the significance of victory for Dunbrack.

"We wanted to win," Lawrence said. "We're happy to go in as the best team this province has to offer."

City take men's provincial title

MATTHEW WUEST
matthew.wuest@metronews.ca

Halifax Dunbrack has a Golden Boot award, five all-stars, an MVP and a 34-game regular-season unbeaten streak.

Halifax City has what it always has at summer's end — a big-game victory and a provincial men's soccer title.

City captured its third consecutive Nova Scotia Soccer League Premiership crown and sixth in seven years last night at Mainland Common with a 3-2 win over Dunbrack, the dominant regular-season

"We have so much experience, guys with heart, and we know how to dig in in big games."

James Sawler, City back

team three years running. "We walk in here and we can do it, but I think we're the only ones who think we can do it," said City captain Kevin Steeves. "Everyone seems to write us off. Dunbrack hadn't lost all season, but in the playoffs the last seven years, we've only lost one game. I think that's the more telling stat."

Steeves opened the scor-

ing 32 minutes into the first half, burying the rebound of a free kick. Trevor Reddick, on a great header, and Jonathan Hammond delivered critical goals in the final five minutes of the first half to make it 3-0.

A full-force push by Dunbrack in the second half resulted in goals by league MVP Derek Gaudet and midfielder Mike Marsh,

but City managed to cling to victory.

"We're just a playoff team," said City back Jamie Sawler, a 39-year-old who turned in a gritty, physical defensive effort in the second half. "We have so much experience, guys with heart, and we know how to dig in in big games."

Dunbrack also trailed 3-0 midway through last year's final.

"It was the same nightmare all over again," Dunbrack head coach Alan Jazic said. "You go down three goals two years in a row ... You certainly bury yourself in a hole."

Sports in brief

TENNIS The top seeds continue to cruise along at the Nova Scotia Open tennis tournament at the Waegwoltic Club. No. 1-ranked Shaun Khambal of Alberta swept Callen Ritcey 6-1, 6-1, in men's open singles yesterday, while second-seeded Andrew Oxner of Halifax swept Mark Landry 6-0, 6-3. Halifax's Andrew Ling, ranked third, beat Andre Landry 6-1, 6-1. Other men's open singles win-

ners yesterday were Eric Negulic and Geoff Learmonth, both with sweeps.

SAILING Olympic gold medalist Paul Goodison of Great Britain has taken over top spot at the world laser sailing championships being hosted at the St. Margaret Sailing Club. The seven-day event resumed yesterday after two cancelled days of racing because of poor conditions. **METRO HALIFAX**

Former NBA ref arrested again

Disgraced former NBA referee Tim Donaghy is back behind bars, accused of violating his federal probation by not showing up for work, the U.S. Marshals Service said. Donaghy, 42, was being held without bond a day after his arrest at a halfway house in Tampa where he was finishing his 15-month sentence for gambling charges. **METRO NEWS SERVICES**

sports **9**

Tampa Bay's Ben Zobrist throws over Toronto's Lyle Overbay to complete a double play last night in Toronto as the Rays beat the Blue Jays 7-3.

Hill hits 30th as Jays lose

MLB RESULT

Tampa Bay 7 Toronto 3



BASEBALL Carlos Pena hit a pair of two-run homers to continue his recent tear and help the Tampa Bay Rays top the Toronto Blue Jays 7-3 in the middle contest of a three-game series

at Rogers Centre.

The Blue Jays' starter, rookie Brett Cecil (5-3), struggled in 3½ innings to take the loss. He gave up six runs — five earned — on six hits and three walks, and struck out three.

Aaron Hill and Travis Snider homered for Toronto, which has lost three of four. Hill's homer was his 30th of the season.

METRO NEWS SERVICES

From fan to phenom

Sid the Kid excited about 'once-in-a-lifetime opportunity'

LAURENCE HEINEN
for Metro Canada

When the Canadian men's hockey team won gold at the 2002 Winter Olympic Games in Salt Lake City, Sidney Crosby celebrated as a fan like the rest of us.

"At the time you felt so lucky to witness that," said Crosby after practising on a line with Jarome Iginla and Rick Nash for the second straight day at Team Canada's orientation camp in Calgary. "To see the whole country celebrate the way they did, it was pretty awesome."

Four years later, Crosby was well on his way to a 102-point campaign as a rookie forward with the Pittsburgh Penguins, but that still didn't earn him a spot on Team Canada for the 2006 Games in Turin, Italy.

"Never in a million

years would I have thought my name would be considered for that team," Crosby said. "When I wasn't there, it wasn't a huge shock. I was really young and still had a lot to prove."

Fresh off of a Stanley

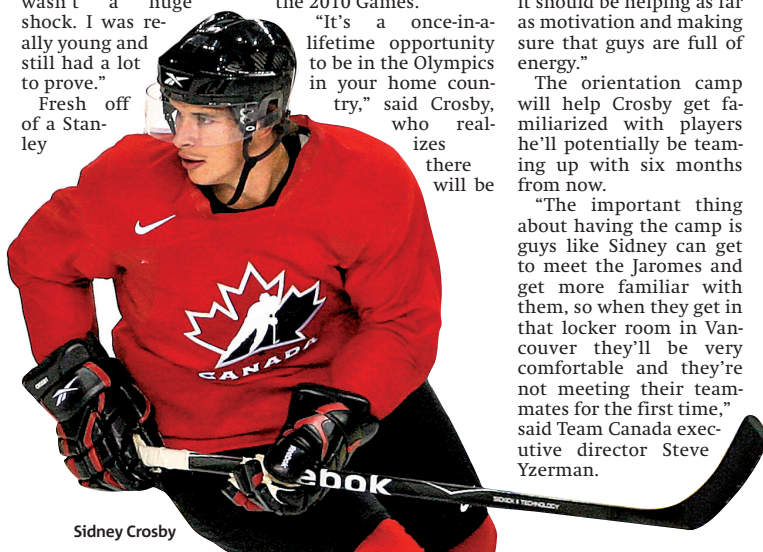
Cup championship with the Penguins, Crosby has his sights set on helping lead Canada to gold next February in Vancouver at the 2010 Games.

"It's a once-in-a-lifetime opportunity to be in the Olympics in your home country," said Crosby, who realizes there will be

tremendous pressure on Canada to rebound from a seventh-place showing four years ago. "That's to be expected. If anything, it should be helping as far as motivation and making sure that guys are full of energy."

The orientation camp will help Crosby get familiarized with players he'll potentially be teaming up with six months from now.

"The important thing about having the camp is guys like Sidney can get to meet the Jaromes and get more familiar with them, so when they get in that locker room in Vancouver they'll be very comfortable and they're not meeting their teammates for the first time," said Team Canada executive director Steve Zyzerman.



Sidney Crosby

Reinsdorf out, NHL in as Coyotes saga continues

HOCKEY Another day, another round of stunning plot twists in the Phoenix Coyotes bankruptcy soap opera leading into the Sept. 10 auction for the team.

Chicago sports mogul Jerry Reinsdorf, the NHL's

preferred bidder for the franchise, dropped his bid yesterday because he couldn't work out an arena lease.

So, seemingly desperate to keep the Coyotes out of the hands of Canadian billionaire Jim Balsillie, the

NHL has stepped up and submitted its own bid for the team. The league has made an as-yet unknown offer for the Coyotes, with plans to flip the team "to a third party outside of bankruptcy."

In a statement, deputy

commissioner Bill Daly called it "an effort to maximize the likelihood that the club ultimately will be sold to an acceptable purchaser who is committed to operating the franchise in Glendale."

TORSTAR NEWS SERVICE

Sports in brief

SOCCER Premier League West Ham United beat London rivals Millwall 3-1 after extra time in the League Cup second round yesterday in a match marred by crowd disturbances before and during the game. Before kickoff hundreds of fans clashed close to West Ham's stadium, according to a Metropolitan Police spokesman. A 44-year-old man was taken to hospital with a stab wound while there were two arrests.

SOCCER Venus and Serena Williams, who have combined for 18 Grand Slam singles titles

on the WTA Tour, were announced as limited partners of the Dolphins franchise. The sisters become the first African-American females to hold any ownership stake in an NFL franchise.

BASEBALL New York Mets ace Johan Santana will undergo surgery to have bone chips removed from his left elbow and will miss the remainder of the season. Santana posted a record of 13-9 with a 3.13 earned run average in 25 starts this season, his second with the Mets. **METRO NEWS SERVICES**

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In the coming weeks Metro's Workology section will be focusing on the part of the entertainment industry that you DON'T see. Backstage Pass will focus on the careers behind the camera and the curtain. So be sure to read Workology and Metronews.ca/work every day.

Workology

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA



Seismic testing

Three Canadian environmental groups have filed a lawsuit against the Minister of Fisheries and Oceans, Minister of Foreign Affairs, and New York-based Columbia University in an attempt to prevent a U.S. research project involving seismic tests in a marine protected area 250 kilometres southwest of Vancouver Island. METRO NEWS SERVICE

Producing is creative problem-solving



Producer Anne Tait and script co-writer Barry Pearson on a film set. Tait credits her Masters degree in English for helping her hone the necessary communication skills needed in film production.

Anne Tait discusses the industry's highs and lows

RAF BRUSILOV
For Metro Canada



For Anne Tait, the journey to producing the Iron Road was a long and winding one indeed.

In fact, it was nine years long; though the endlessly energetic Tait is no stranger to arduous challenges.

The Toronto-born casting director, writer, director, broadcaster and producer has already mastered many roles in a long career in the entertainment industry. She was a senior casting director at CBC TV for years on shows like Anne of Green Gables and Road to Avonlea and has cast actors like Peter O'Toole, Russell Crowe and Helena Bonham Carter for feature films. She has also written and produced her own hit play, *Yeats in Love*, which played in Dublin, Ireland, and throughout Ontario.

Now with the recent premiere of her film *Iron Road*, Tait has finally conquered the role of film producer as well.

The film, which screened as a two-part mini-series on

Backstage Pass

CBC Aug. 9 and 16, represents a labour of love nine years in the making for Tait who wanted to shed light on the harrowing story of Chinese railroad workers in Canada in the late 1800s.

Iron Road was produced in tandem with mainland China and cost more than \$12 million to create, with filming split between China and the mountains of British Columbia.

Tait says her experience as a casting director definitely helped her ease into the role of producer.

"Every actor has an ego and you have to have a lot of tact to know what different approaches to use with different people. A producer has to have the financial savvy to raise money and the ability to understand the needs of creative people. You have to have a creative vision," Tait said.

While Tait learned the ins and outs of casting directing on the job, she credits her Masters degree in English from the University of Toronto for helping her hone the communication skills necessary to successfully head up a film production.

Despite having succeeded as a film producer, Tait is not yet ready to give up casting directing. "The thing that always interested me the most was choosing the actors. I love seeing wonderful actors get a role and seeing wonderful performances from someone unexpected," Tait said.

Tait feels like she deserves her break before jumping into her next likely project, a screenplay of her play *Yeats in Love*. "A producer is always solving problems and right now, for at least a week, I don't have a fire to put out or a problem to solve," she joked.

Dr. Sathyasai Murty is pleased to welcome
Jennifer MacFie, Registered Dental Hygienist to her team!

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for being chosen Metro's Koollest Fish and Chips, as voted by Metro readers and Kool96.5 FM listeners. Tune in next month to find out the next category of the best Halifax has to Offer!

The Best Halifax has to Offer

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Canada Games Stadium upgrades

The Canada Games Stadium at the University of New Brunswick's Saint John campus will undergo upgrades following a \$3.6-million investment announced recently for the project. **METRO NEWS SERVICES**

Blunder dismissal and pay the price

WorkplaceLaw

Daniel Lublin

Metronews.ca/workplacelaw



In life, seldom do small mistakes have large consequences. In law, that is not always the case. This is the tale of one Ontario company that just learned this lesson the hard way.

Despite having just lost her job, Kelly Stowar must have been elated. As an administrative employee, Stowar was not entitled to more than a few weeks' severance. Instead, however, she was given a letter by her former employer, Telehop Communications, stating that she would be paid five months' salary. Stowar signed her name on the space provided, indicating she was satisfied with the contents of the letter, and left the Toronto area office to go home.

A few days after signing the letter, Stowar returned to Telehop's office to return some of the company's property that she still had. She was met by Telehop's human resources manager and called into a meeting. Stowar was told that the company had made a "mistake" and that she would only be receiving three weeks' termination pay, not the five months that she was initially offered. She was then asked to sign a release, indicating that she agreed with the revised offer. Stowar refused, claiming she had agreed to a deal for five months' pay just days earlier.

Since Telehop only paid Stowar three weeks' pay, the parties next met in court. The issue for the judge to decide was whether the letter that Stowar received and then signed amounted to an agreement and, if so, was Telehop bound by its terms.

Upon dismissal, employees are typically given their statutory payments, which are set by provincial or federal legislation. Most are then offered a greater amount in exchange for signing a release, which prevents them from bringing any further legal action. That offer is usually set out in the letter of termination and it forms a contract, once both sides have agreed to the terms.

Here, the court concluded that there was nothing to suggest that Telehop intended to offer any further compensation other than what was set out in the letter it provided to Stowar. By requiring her to sign that letter, the company had done nothing to suggest that she wouldn't have been paid in accordance with its terms. Stowar wasn't expected to know exactly what the legislation said about her termination and it was reasonable for her to presume that she was "entitled" to the five months' pay she was offered.

As a result, it did not matter that Telehop's generous offer was actually made in error. The court ruled that once Stowar signed the letter, there was a binding agreement compelling Telehop to pay her in accordance with its terms.

Whether you are an employer or an employee, you can glean valuable lessons from how this case was handled:

- Employees should be encouraged to obtain legal advice before signing important legal documents, such as a letter of termination. Even if the employee doesn't wish to see a lawyer, make sure that he or she is given that opportunity anyway.

- If you are an employer, never pay any termination or severance monies without receiving a release in exchange.

Daniel A. Lublin is an employment lawyer focusing on the law of dismissal; dan@toronto-employmentlawyer.com.

Moving made easy

New Home to Home business caters to boomers and seniors

JON TATTRE
For Metro Canada



For boomers and seniors, downsizing from a spacious family home to a condo or retirement community can seem an overwhelming task.

That's where Home to Home comes in; the Bedford-based business works hand-in-hand with clients to sift through belongings and provide turn-key moving services.

"They have all this furniture, all these collections from a lifetime, and they don't know where to start," says owner-operator Sheila Kidd. "I work with them to pick the pieces that they want to move and then plug in a few smaller pieces that will work in that (new) environment."

Home to Home takes care of all the packing, moving and unpacking, making the transition painless and possibly even pleasant.

With grand boomers leaving their empty nest, Kidd and her team do a floor plan of the new space and work out what the client wants to take with them. They then go shopping to-

gether to buy new pieces to update the style of the home. Home to Home works with the clients to sort through the remainder, sending some to family around the world, selling some in garage sales and giving the rest to charities like Parker Street.

Helping seniors move to independent or assisted-living situations can be even more stressful, Kidd says.

"They're maybe moving into 1,000-square feet from up to 5,000-square feet. This is a big challenge, with a whole emotional quagmire. You've got family members who are upset, the seniors aren't sure they want to do this," she says, noting her nursing background with seniors is a big help.

Home to Home removes the stress. "The senior leaves their home in the morning. (We tell them) 'Get your hair done, have lunch, go shopping,'" Kidd



Home to Home takes care of all packing, moving and unpacking, making the transition painless and possibly even pleasant.

says. Her team gets to work. At the end of the day, the client enters the new home. "The bed is made, the clothes are put away, the kitchenette is done. I've duplicated as much as I can the arrangement of the china cabinets, pictures over the bed ... everything will be there, but on a much smaller scale.

"I have their favourite

music playing, lights are on, slippers by the bed, pajamas laid out. All boxes and packing material is gone; you can't imagine what a relief that is for the family and senior."

Kidd is developing a website for the new and growing business and can be reached at 902-483-2593 or Sheilakidd@accessable.net.



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Nissan is working on a project to study the development of a quick-charging system for electric vehicles (EV) using solar panels. The program is designed to maximize the use of renewable energy for EVs, provide power during electricity outages, and reduce demand on grid power. **METRO NEWS SERVICES**

Metro Drive



Pet's best rides

U.S. pet safety organization Bark Buckle UP has named the top ten pet-friendly vehicles currently available. They are, in alphabetical order: Ford Flex, GMC Acadia, Hyundai Tucson, Jeep Liberty, Kia Borrego, Mazda5, Mitsubishi Outlander, Subaru Tribeca and Volvo XC70. **METRO NEWS SERVICES**

EDITOR: KUMAR SAHA, KUMAR.SAHA@METRONEWS.CA

Genesis Coupe's a real looker

JUSTIN PRITCHARD
for Metro Canada



During a recent summertime hot-spell, I visited a local creamery for a giant ice-cream cone. While my artery-clogging snack was being prepared, I didn't notice the crowd gathering in the parking lot around the electric blue Hyundai Genesis Coupe 2.0T I drove there.

Turns out this was the wrong car to try and eat an ice cream beside. The dozen or so folks standing around had plenty of questions — and my treat turned into a drippy mess before I could answer them all.

If you want the scoop on the Genesis Coupe, please read this FAQ. That way, other Genesis drivers can enjoy their summertime

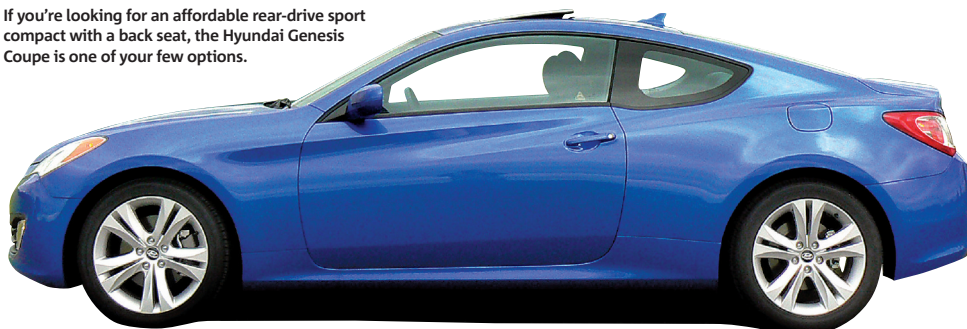
2010 Hyundai Genesis Coupe

Type: Two-door sport coupe
Price: from \$24,995
Engine: 2.0L four cylinder/3.8L V6
HP: 210/306

Highlights

- Sexy looks
- Affordable
- Rear drive

If you're looking for an affordable rear-drive sport compact with a back seat, the Hyundai Genesis Coupe is one of your few options.



ice-cream in peace.

Ever sexy. Is that really a Hyundai?

It is indeed! In fact, it's probably the sexiest car Korea's ever built. It's a real looker — very wide, low, menacing, and detailed, with a fantastic stance.

You can get a V8 in this, right?

No, that's the Genesis Sedan. The four-door comes with a 280 horsepower V6 or a 375 horsepower V8. Both are automatic.

The Coupe gets a 2.0 litre four cylinder "world" engine with a turbocharger, good for 210 horsepower. There's a 3.8 litre V6 with 306 horsepower available.

Both can be had in automatic or six-speed manual.

How's it go?

Not bad at all. The turbo four cylinder is a decent entry-level engine, though it's far from a head-pinning drag racer. Just don't go picking on your buddy with the Mustang GT.

The four cylinder unit is

very responsive coming out of a light, and the turbo works nicely to increase responsiveness when cruising at a good highway clip too. Unfortunately, the engine is no pinnacle of refinement.

Is that rear-wheel drive?

Yes! If you're looking for an affordable rear-drive sport compact with a back seat, it's one of your few options.

Rear-drive is a novelty in this market as much as it's a very real criteria for some shoppers. It has benefits in handling and performance potential.

Plus, your friends with Civics and Cobalts will secretly be jealous that your car can drift — like in those YouTube videos.

What's the interior like?

Hyundai's created a genuine coupe cockpit in here. It's nice to look at, driver-centric without being

crowded, and surprisingly roomy. The wide body means plenty of knee and shoulder room, and the back seats can actually be used by human beings.

What about the handling?

A nice balance between sportiness and comfort, though not quite an ultra-precise asphalt scalpel. The Genesis rides commendably and delivers the feel of balance and sharpness that attracts enthusiasts to rear-drive cars.

Do you like it?

Yes! But it's not perfect. The trunk opening is small, the rearward visibility is somewhat limited, and the turning circle is pretty clumsy. Also, the engine sound starts to invade the cabin at higher speeds.

OMG, I like, totally want one. How much?

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A cleaner Mazda CX-7

The Mazda stand at next month's Frankfurt International Motor Show (IAA) will exhibit the new Mazda CX-7 featuring Mazda's new family face as seen on Mazda6 and Mazda3.

Also offering a bolder stance, the new Mazda CX-7 is powered by a high-output diesel engine.

The CX-7 debuts as the first Japanese passenger car to have a diesel engine fitted with a Selective Catalytic Reduction (SCR) system, which cuts NOx emissions by 40 per cent.

This technology will be offered exclusively to European customers in the new diesel version of the new Mazda CX-7 sports



Mazda will debut a new CX-7, featuring a diesel engine, at the Frankfurt auto show.

crossover SUV.

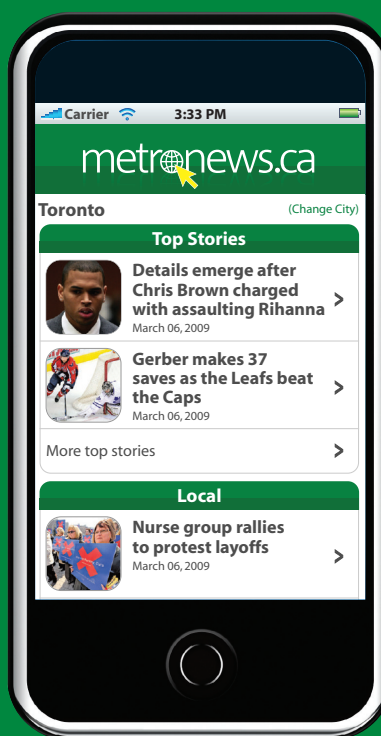
Thanks to the compact design of the SCR system, the CX-7 Diesel offers users the same 455 litres of luggage space as the previous gasoline engine version, and it is user-friendly.

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GM Daewoo has launched its all-new global minicar, the Matiz Creative, which will be sold in over 150 markets worldwide including North America. **METRO NEWS SERVICES**

A brave new world of wheels

AutoPilot

Michael Goetz

metronews.ca/autopilot

When it comes to automotive design, are you a modernist or a folk singer?

(How many folk singers does it take to screw in a light bulb? Four. One to screw in the light bulb. Three to sing about how much better was the old light bulb.)

Like most people, you're probably a bit of both. So designers are constantly trying to walk that line between imagining a fresh look, but one that also embodies traditions that everybody loves and expects.

The automaker that had

the hardest time walking this line of late has been Jaguar. Until quite recently, its designs didn't stray much from those first envisioned by its founder, William Lyons.

Now take a look at the just-revealed all-new XJ sedan. I'm not sure most people would instantly recognize this new XJ sedan as a "Jaguar."

But Jaguar had to make this move. It could no longer afford to be only curators of old-world charm.

I think the best scenario for redesigning a nameplate: You notice a car parked in the distance — something new and exciting. You don't know what it is, but you like it. As you get closer, say 10 paces, you wonder if it could be the new "Wasfinger?"

When you get right up to it, and before you see any badges, you know for sure it's the new Wasfinger. You really liked the old Wasfinger, but this one's even better.



The all-new Jaguar XJ breaks free of the marque's old-world charm with a modernist design.

You can definitely say Cadillac has been successful in reinventing itself in an all-new, modern idiom. The rear section of the CTS, for example, with its vertical tail lamps and creased fender line, is all at once good looking, modern, and reminiscent of Cadillac tail fins of the 1950s.

I also like Lincoln's new design direction. It's distinctive and substantial and very American, and not too overpowering with heritage cues. You have to use cues sparingly, like perfume.

I think that was the problem with Pontiac design — too much reliance on cues, like red interior lights, body cladding, and that split front grille, and not much else. Whew!

Finally, I think it doesn't matter how much retro you pile into a car design, as long as the bones are good. All good auto design seems to be characterized by only

a few crucial elements: proportion; form following function; an aerodynamic look, and wheels that are pushed to the corners of the body and that fill up the wheel arches.

On the latter point, I once asked hot-rod legend, Chip Foote, if there was anything that didn't look better with bigger wheels and a slightly lowered body.

He thought for a few seconds, then said, "I dunno, maybe a house."

Michael Goetz has been writing about cars and editing automotive publications for over 20 years. He lives in Toronto with his family and a neglected 1967 Jaguar E-type.



The PT Cruiser has been a hit with consumers since its introduction in 2000.

Chrysler to keep on PT Cruisin'

PRODUCTION Chrysler announced recently that production of the Chrysler PT Cruiser will continue. The Chrysler Group Toluca (Mexico) Assembly Plant — the exclusive home of the Cruiser — will continue to build the quality-proven, versatility packaged and "too cool to categorize" small car.

"With more than 1.3 million PT Cruisers sold in more than 60 countries since 2000, we're excited to announce we're re-energizing the iconic and award-winning PT Cruiser," said Peter Fong of Chrysler.

Chrysler introduced the segment-busting PT Cruiser nearly 10 years ago. Its one-of-a-kind exterior styling and Swiss Army knife-like interior flexibility redefined the small-car segment and became an instant hit with consumers.

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A SAI from Toyota

Toyota will introduce a new midsize hybrid sedan, the SAI, in Japan this year, according to a report by the Green Car Congress. The car is expected to have the same basic structure as the new Lexus HS 250h. CANADIANDRIVER.COM

Canadian luxury

Acura's Ontario plant delivers one hot MDX

JIM ROBINSON
for Metro Canada



Acura's MDX mid-size luxury crossover (CUV) is part of a Canadian success story.

It is one of three Acura vehicles (CSX and ZDX) being constructed in Alliston, Ont., where the Honda Civic sedan is also built.

It's been a win-win for everyone involved and that includes the federal and provincial governments who never had to worry about shelling out money to Honda.

Introduced in 2001, the MDX (which stands for Multi Dimensional luxury) was the first mid-size CUV to come with a third row seat. Designed to do battle with the Lexus RX300/330, the MDX now faces a host of competitors in its segment.

The 2009 version is equipped with a 3.7-litre V6 producing 300 hp and 275 lb/ft of torque using Honda's VTEC variable valve timing system for a fuel consumption rating of 13.8L/100 km city and 10.0L/100 km highway on premium.

The only transmission available is a five-speed automatic with sequential SportShift mode that allows "manual" selection of the gears.

All MDX models are fitted as standard with a heavy-duty version of the automatic transmission and heavy-duty radiator with dual fans. That enables the MDX to tow up to 5,000 lb.

Cargo volume with the second (50/50 split) and third row (60/40 split) seats folded is 2,364 litres.

The integrated ABS and Vehicle Stability Assist (Acura's term for electronic stability control) also features Trailer Stability Assist that senses when the trailer is starting to wander and gets both it and car back on an even keel.

The MDX also comes standard with the Honda-developed SH-AWD (Super Handling All-Wheel-Drive) system that not on-

2009 Acura MDX Elite

Type: Midsize luxury CUV

Price: \$62,500

Engine: 3.7-litre SOHC V6 (300 hp, 275 lb/ft)

Fuel Economy: 13.8L/100 km city, 10.0L/100 km highway

Highlights

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- Solid on the road
- Made in Canada

ly sends up to 50 per cent of torque to the rear wheels under acceleration, but can route more torque to the wheel on the outside of a curve. At the same time, the system

allows the outside wheel to turn a hair faster than the inside tire for a feeling of neutral steer.

All of this is visible on the Multi Information Display set between the speedo and tach. As the torque moves around it is shown by a series of gradients at each wheel in real time.

So even though you probably won't feel it, you can see the system at work, and believe me, it's fascinating to watch.

There are three MDX trim levels starting with the base car, the Technology Package and the Elite Package as tested here at \$62,500.

Only the Elite gets self-leveling headlights or a



Built in Canada, the 2009 Acura MDX (Elite Package shown) debuted in 2001 and has constantly been refined, keeping it a hot seller in the mid-size luxury SUV/CUV segment.

nine-inch DVD entertainment system for those in the back seats with remote and wireless headsets with surround sound.

There are front and side airbags as well as a three-row curtain airbag fitted

on all models and this integrates a rollover sensor.

The navigation system on the Elite and Technology Packages features bilingual voice recognition and has a backup camera view displayed on the monitor.

It has a very solid feeling on the road with a surprising amount of "feel" coming through the steering wheel rim to the hands. The brakes feel "big" to the point of being almost grabby at slow speeds.



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The interior of the 2009 Acura MDX Elite Package is a sumptuous mix of leathers and wood and metal accents.



Smart customers always read the fine print. 1. Features listed are standard on 2009 Eclipse GT-P and 2009 Eclipse Spyder GT-P. 2. For all purchase financing offers, customers must sign contract and take delivery from dealer by August 31, 2009. Purchase financing at 0% APR available through Bank of Nova Scotia and Bank of Montreal for up to 60 months on all new 2009 Eclipse and 2009 Eclipse Spyder models. Financing example: 2009 Eclipse GS (CE24-K 037)/2009 Eclipse Spyder GS (CE28-B 038) with an MSRP of \$25,999/\$32,299 financed at 0% over 60 months requires \$434/\$539 a month with a cost of borrowing of \$0 and a total obligation of \$25,999/\$32,298. Taxes and freight (up to \$1,310), insurance, registration, admin fees, and up to \$75 PPSA not included. All offers available only through participating dealers to qualified retail customers in Canada and are only on approved credit. See participating dealer for details. 2009 Eclipse GT-P/2009 Eclipse Spyder GT-P models shown with an MSRP of \$34,798/\$37,798. 3. Limited time offer through participating Mitsubishi Motor Sales of Canada Inc. dealers to qualified retail customers only. \$1,000 Best Buy Gift Card ("Gift Card") is available to lease customers and cash or finance purchasers of new 2009 Eclipse, Eclipse Spyder, and Galant vehicles, and new 2008 Endeavor and Lancer Evolution vehicles. Gift Card will be distributed to customers within 30 days after the customer signs the bill of sale or lease/finance agreement. Offer expires on August 31, 2009. Limit of one Gift Card per purchase. See terms and conditions on the reverse of the Gift Card. * Whichever comes first. Regular maintenance not included. See dealer or mitsubishi-motors.ca for warranty terms, restrictions and details. Not all customers will qualify. ** Best backed claim does not cover Lancer Evolution and Ralliart models. See dealer or Mitsubishi-motors.ca for Education Edge terms, conditions, and other details. © MITSUBISHI MOTORS, BEST BACKED CARS IN THE WORLD are trademarks of Mitsubishi Motors North America, Inc. and are used under license.

16 metro drive



Peter Corbyn, president and co-founder of Green Nexus on the left; George Habib, president and CEO, Ontario Lung Association; and Steve Kelleher, president and CEO of Hyundai Auto Canada Corp. kick off the Hyundai Clean Air Commitment in Toronto last week.

Clunker incentives

Hyundai, Chrysler do 'responsible' thing

MICHAEL GOETZ
for Metro Canada



Every day it gets harder to drive a clunker. At one time you just had to deal with the shame. Then you had to ignore the incentives offered through various government "scrappage" initiatives, like the current Retire Your Ride program. Now the automakers are throwing money at you.

Last week, Hyundai announced its Clean Air Commitment program, which promises \$500 or \$1,000 in cash (depending on which Hyundai you buy), if you trade in your clunker and consent to having it retired for good.

Three days later, Chrysler announced a similar program. It also raised the stakes; its minimum incentive is also \$500, but its top one is worth \$1,500. Chrysler also becomes the first "official" automotive partner of Retire Your

"With last week's announcement, we've seen more interest in the (Retire Your Ride) program."

Fatima Dharsee of
Clear Air Foundation

Ride. (Hyundai is not on board yet, but promises to take your clunker to a participating recycler.)

Both the Hyundai and Chrysler money is on top of any incentive money they're already offering, and on top on any money already on the table through Retire Your Ride.

Incentive options on Retire Your Ride range from \$300 in cash, to coupons that can be redeemed for transit passes, bicycles, car-share fees, etc.

Whatever which way you go, you'll need a suitable clunker to turn in — a 1995 or older model.

Retire Your Ride hopes to get 50,000 of them off the road this year. Fatima Dharsee, executive director of the Clean Air Foundation, which administers Retire Your Ride, said the tally to date is around 13,000.

"On average we were scrapping over 100 cars every day, which is right on target. But with last week's announcements (from the automakers) we've seen even more interest in the program. We're getting well over 200 cars a day now."

Hyundai was hoping that its Clean Air Commitment program, would not be viewed as just more incentives, in a market full of incentives.

"We're looking at this more as a CSR (Corporate Social Responsibility) Initiative," said Stephen Kelleher, president and CEO, Hyundai Auto Canada Corp. "We're not making a lot of money of these deals. ... We thought this was a good platform for giving something back."

Toyota pushing green miles

Toyota has announced the results of a recent collaborative fuel cell hybrid vehicle range and fuel economy field evaluation.

The Toyota Highlander Fuel Cell Hybrid Vehicle Advanced (FCHV-adv) achieved an estimated range of 693 kilometres on a single full tank of compressed hydrogen gas, and an average fuel economy of 109 km/kg (approximate mpg equivalent) during a daylong trip down the southern California coast.

In mid-2008, the U.S. Department of Energy (DOE), Savannah River National Laboratory (SRNL) and the



Toyota recently found that its fuel cell vehicle is getting an estimated range of 431 miles on one tank of hydrogen.

National Renewable Energy Laboratory (NREL), approached Toyota to participate in a collaborative evaluation of the real world driving range of the FCHV-adv.

On Tuesday, June 30, two

fuel cell vehicles completed a 532 km extended round trip drive between Torrance, California and San Diego.

Driving range data from each vehicle was calculated by SRNL and NREL engineers. The results were averaged for an estimated range of 693 miles, with an average fuel economy of 109 miles/kg.

For comparison, the 2009 Toyota Highland Hybrid achieves an EPA-estimated rating of 11 km/L combined fuel economy and has a full-tank range of approximately 724 km.

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17

Travel



Month of beer festivals

This September, Colorado will host not one but three beer-related festivals. There's the 16th annual Telluride Blues & Brews Festival, tellurideblues.com, from Sept. 18-20; the Denver Beer Fest, denverbeerfest.com, from Sept. 18-27; and the Great American Beer Festival, greatamericanbeerfestival.com, also held in Denver, from Sept. 24-26.

METRO NEWS SERVICES

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Ten out of 10

At Winnipeg's iconic Fort Garry Hotel, Ten Spa offers up a luxurious experience

ANNE DIMON
for Metro Canada



As I walk into Ten Spa, on the tenth floor of Winnipeg's landmark Fort Garry Hotel, what pops into my mind is that it's surprisingly elegant.

I'd heard only good things, but hadn't expected it to be so upscale. As far as spas go, it's less what one might expect in Winnipeg and more like New York meets Vegas.

In the lounge, white leather settees (some grouped together and surrounded by gauzy white privacy sheers for semi-privacy), rich dark woods and a wall of multi-toned brown and beige mosaic tiles set a sophisticated environment.

While awaiting services — the full gamut of massages, bodywork and esthetics offered in 11 treatment rooms plus a mani/pedi area overlooking the cityscape and the historic Forks Market — guests snack on dried fruit, cookies, muffins and dates.

A spa menu of more substantial offerings is available, and champagne and dessert can be pre-ordered.

Modern and stylish, the spa is indeed a beautiful space, but it's the large and lovely mosaic-tiled co-ed



Left, the lounge at Ten Spa features white leather settees with gauzy white privacy sheers. Right, the spa's large, mosaic-tiled co-ed hammam.



More details

- tenspa.com
- destinationwinnipeg.ca

cloth that you wrap around your torso — before entering the hammam.

Wearing the pestemal, you shower and give yourself a sea salt scrub before lying down on a raised and heated marble platform for the wash with a traditional handmade olive oil-based soap.

That's followed by a brisk brushing with a gomage, which is a rough glove, then another scrub with soap. Overhead, tiny (read: tasteful) twinkling lights give the feeling that you're staring up at the night sky from someplace with one very humid climate. Soft strains of Middle Eastern music add to the experience.

Every few minutes a spew of steam keeps the hammam at a sweltering 45 C. If you can't stand the heat, stay out of the hammam. Seriously.

Suddenly, a cool wave washes over me — literally — as Maria gently pours water from a traditional Turkish container, called a tas, over my soaped-up skin. Even if you don't like the feeling of cool water on your skin, it's so hot in here you'll welcome it.

Then, there's a scheduled "time out" to rehydrate and you can take the break back in the tea room or in the hammam itself with a bottle of iced water or a cool shower.

Next, in one of the hammam's private rooms,

there's another scrub down with olive oil soap followed by a massage. One of the massage "tools" is a fine cotton pillow filled with air and olive oil suds. Imagine how it might feel to be massaged with a cloud — very unusual. A few therapist-guided stretches complete the hammam part of the treatment.

Then there's a 20-minute "relax" in the Quiet Room, which is elegantly cozy with pearl grey walls, candlelight and more white leather furnishings, which are roomy enough to allow guests to stretch out and nap. Those who have just emerged from the hammam are served an ayran (a mix of yogurt, sea salt and spring water) to help

replenish the electrolytes lost along with toxins in the heat of the hammam.

Feeling good — and squeaky clean — I leave Ten Spa to explore the rest of this pleasantly surprising city.

Anne Dimon is a spa and wellness travel writer and editor of traveltowellness.com

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Fans of documentary maker Ken Burns will want to keep an eye out for his new six-episode series, *The National Parks: America's Best Idea*, which will begin airing on PBS stations starting Sept. 27. For more details, see pbs.org/nationalparks. **METRO NEWS SERVICES**

Off the beaten path on Sierra High Route

Hiking through a trail-less wilderness where cell-phones don't work and help is days away may not be everyone's idea of a great vacation.

But for those willing to find their own way and do the hard work of climbing into the high country, the Range of Light offers the rich reward of a constant succession of jaw-dropping landscapes.

The eastern California mountain chain, made famous by the 19th-century naturalist John Muir and photographer Ansel Adams, is seen at its best from the Sierra High Route, a 314-kilometre, south-to-north journey that visits the range's peaks, valleys, lakes and gorges while avoiding popular tourist areas.

Steve Roper, author of the only guidebook on the route, was so concerned about preserving the wilderness experience that he devised an itinerary that avoids trails for about half of its length.

In trail-less sections, hikers must use map and a compass (or GPS, if they in-



A hiker makes his way across the Sierra High Route, a high-altitude journey through California's Sierra Nevada mountains.

sist) to navigate rocky passes, cross the snow fields that linger long into summer, wade through rivers and creeks, and pick their way through fields of boulders known as taluses.

And they won't get a whole lot of help from Roper, since he deliberately avoids detailed route descriptions so that hikers

get the maximum reward from their wilderness experience by blazing their own trail.

"We are not sheep," Roper said. "We want to have some pride in finding our own way. Route-finding is one of the great pleasures."

He conceded that he has had some complaints from readers that his route de-

scriptions are not clear enough since the book, published by The Mountaineers Books, first appeared in 1982, but he makes no apology for making his readers take responsibility for their own navigation.

"It makes you think," said Roper, 68, who has been wandering the Sier-

"We are not sheep ... We want to have some pride in finding our own way. Route-finding is one of the great pleasures."

Steve Roper, guidebook author

ras since 1954. "It's good for humans to think."

One such complaint came from this reporter when trying to find his way up a steep talus slope and over a pass during a hailstorm in late July.

A difficult section of about a mile was rendered by just one three-line sentence in the guidebook, forcing a party of four to simply figure it out.

We finally crested the pass to find the view we wanted to see — a magnificent panorama over the nearby Bench Canyon.

Our destination was also confirmed by a small stone cairn left by previous hikers, although such landmarks offend Roper as a vi-

olation of the wilderness, so he encourages readers to destroy them.

Our initial frustration at the lack of guidance was replaced by a sense of satisfaction — coupled with no small measure of relief — that we had found our own way.

The experience was repeated numerous times during our seven-day northbound trek along a 77-kilometre section of the route from Devil's Postpile, near the ski resort of Mammoth, to Tuolumne Meadows inside Yosemite National Park.

We carried 40-pound backpacks as high as 112 metres, endured lung-busting climbs across acres of shattered rock, camped by pristine mountain lakes — which we always had to ourselves — and were always accompanied by views of deep gorges, thundering waterfalls, and mountain peaks.

As an exercise in backcountry asceticism, the Sierra High Route — renowned as one of America's toughest hikes — can have few equals. **REUTERS**



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Holiday numbers decline

Industry experts predict that the number of passengers on U.S. airlines during the Labour Day holiday will likely decline by 3.5 per cent for domestic travel and three per cent in international travel this year as the recession erodes budgets, but planes will be full and fares are inching higher. **REUTERS**

travel **19**

Flutter by Natural History Museum's Butterfly Jungle

LONDON London's Natural History Museum has come alive this summer with a Butterfly Jungle exhibition, running until Sept. 27.

The show gives visitors the chance to talk like a spider, hang out like a sloth and swing with the monkeys as they journey from the forest floor to the jungle canopy, meeting some of the creatures that live there along the way.

Visitors will travel through the foliage and heat of the rainforest, experiencing temperatures up to 32 C, as well as meeting inhabitants such as Charlie the green iguana and Sumo the ornate horned frog. At the end of this journey they will reach the highlight of the exhibition: a walk among hundreds of live moths and butterflies from all over the world.

If you're lucky, one of the

50 or so different types of butterfly may land on you, or you might even see one emerging from its chrysalis in the exhibition's very own hatchery.

The Butterfly Jungle is aimed at attracting families and school classes with children between the ages of five and 11, but is entertaining for people of any age.

As well as the exhibition itself, there is also a fun and educational internet page dedicated to the Butterfly Jungle, at nhm.ac.uk/butterfly-jungle.

The website includes a video of the butterflies being released from the hatchery, as well as details about how young lepidopterists can get involved in conservation projects for British butterflies and moths.

REUTERS

Travel mag honours 'responsible firms'

AWARDS Most holidays tend to be self-indulgent affairs but the places you stay at need not be, with travel magazine Condé Nast Traveler awarding hotels and travel companies for being socially responsible.

The World Savers Awards, in their third year, honour companies for efforts in five areas: poverty alleviation, cultural or environmental preservation, education programs, wildlife conservation, and health initiatives.

Puntacana Resort & Club, in the Dominican Republic, won the overall education award for building schools for its workers and their kids as well as the award for the most socially responsible large resort.

South African safari lodge Bushmans Kloof, bagged the prize for wildlife conservation while French hotel chain Accor, which educates and tests its staff in Africa for HIV, was awarded for the best health initiative. **REUTERS**

Top record-breaking hotels

For travellers who like a hotel with a superlative attached, online hotel specialist hotels.com has come with a list of record-breaking hotels. All have the "est" factor.

1 World's Tallest Hotel — Burj Al Arab, Dubai: Currently the tallest operating hotel in the world until it is surpassed by Dubai's Rose Tower later this year, the Burj Al Arab stands 321 metres high. A self-rated seven-star hotel built on a man-made island 280 metres from shore, Burj Al Arab also boasts its own Rolls Royce fleet, Versace bedspreads, and private shopper and helicopter landing platform.

2 World's Largest Hotel (by no. of rooms) — The Palazzo Resort Hotel & Casino, Las Vegas: The Palazzo Resort Hotel & Casino, which operates under the same license as The Venetian hotel next door, has 8,108 rooms combined. The hotel is like a mini city, with a large selection of restaurants, fashion stores, its own casino, and seven pools.

3 World's Oldest Hotel — Hoshi Ryokan, Komatsu, Japan: The Hoshi Ryokan has been in operation for over



Dubai's Burj Al Arab is the world's tallest hotel.

1,300 years. The 100-room hotel has been run by the same family for 46 generations.

4 World's Most Expensive Hotel Room — Royal Villa at Grand Resort Lagonissi, Athens, Greece: Featuring a

butler, chef and pianist, the Royal Villa at Grand Resort Lagonissi is the world's most expensive hotel room at \$50,000 a night. The room overlooks the Aegean Sea, which you can view from a private pool with a hydro

massage device. The resort also has a private Lear jet.

5 World's Most Expensive Hotel to Build — Emirates Palace, Abu Dhabi: The Emirates Palace in Abu Dhabi, which opened in 2005, cost over \$3 billion to build with silver, gold and marble used throughout the hotel and the 1,002 chandeliers made from Swarovski crystals.

6 World's Largest Hotel Room — Royal Suite in the Grand Hills Hotel Spa, Broummana, Lebanon: The Royal Suite in the Grand Hills Hotel & Spa is set over six floors for a total 8,000 square metres. Half is living space, and the rest two swimming pools, a garden, terrace and pavilions.

7 World's Coldest Hotel — Icehotel, Jukkasjärvi, Sweden: The Icehotel has rooms built entirely from ice and snow, decorated with handcrafted ice art and sculptures, an ice chapel licensed for marriages and baptisms, and two restaurants serving a range of Lappish and Swedish dishes. Activities include snowmobile trips, northern lights tours, and dog sled tours. **REUTERS**

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With her American Idol judging career behind her, Paula Abdul has inked her first post-Simon gig. Abdul will be hosting VH1's Divas special, which will air Sept. 17 and features Kelly Clarkson, Miley Cyrus, Leona Lewis and others. **METRO NEWS SERVICES**

Abdul joins Divas

Entertainment

EDITOR: DEAN.LISK@METRONews.CA

Most dangerous

Jessica Biel has been named the most dangerous celebrity online by security technology company McAfee. The company says searches for Biel are more likely to result in viruses than searches for other celebrities. USMAGAZINE.COM



Return of 3-D thrills

Film format has produced its share of gimmicks and gags

PHIL BROWN
for Metro Canada



With 3-D movies slowly taking over multiplexes and glasses-free 3-D televisions only a few years away, it seems like the format is entering a renaissance.

Given all the hype surrounding 3-D, it's easy to forget that it was once regarded as little more than a gimmick used to bump up the grosses of B-grade sci-fi and horror movies.

This weekend's *The Final Destination* returns 3-D back to its roots by enlivening a cheesy horror film with visual 3-D gags. With that in mind, we take

a look back at some of the great — and not-so-great — horror films and thrillers to be released in 3-D.

The Creature From The Black Lagoon (1954) This classic Universal monster movie has been a staple of costume parties and horror-themed toys for years. But it's often forgotten that the original film was one of the great 3-D hits of the '50s. Though the monster itself is still one of the most memorable to ever be put on screen, the movie is probably best viewed today for nostalgia and camp value.

Dial M For Murder (1954) Alfred Hitchcock briefly dabbled in 3-D with this classic stage adaptation.

Movie feature

Rather than simply using 3-D to prod at the audience with pointy objects, Hitchcock used it subtly to create a picture box image that recreated the appearance of watching a stage play. Hitchcock's careful depth-focused framing is quite atmospheric, and yes the master of suspense does include a few pop-up effects to make the audience jump (how could he resist?). Even though the movie represents one of the most effective examples of 3-D filmmaking, it's rarely screened in its original format.

Andy Warhol's Flesh For

Frankenstein (1973) This Andy Warhol produced, Paul Morrissey directed trashy horror flick is a self-conscious camp classic. Every scene features hilariously convoluted dialogue, ridiculously over the top acting, and buckets of fake blood. The quite funny and oddly sexualized *Frankenstein* reboot should really be seen in any format, but thrives in 3-D where it's just that much sillier. You haven't lived until you've seen Udo Kier deliver his endless dying monologue while a giant spike pokes through his chest, dangling his



The Final Destination hits theatres on Friday

Final Destination returns 3-D back to its roots by enlivening a cheesy horror film with visual 3-D gags.

heart over the audience. Priceless.

Jaws 3-D (1983) and Friday The 13th 3-D (1982) For a while, horror franchises couldn't resist releasing their third film outings in 3-D (the title change was just too easy). *Jaws 3* and *Friday The 13th*

Part 3 are probably the most famous examples. Both movies are filled with 3-D gags and little else, but have barely been seen in 3-D since the '80s. Instead, generations of kids have simply wondered why stuff keeps jutting out towards the camera for no apparent reason.

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I just smiled and kept on as if nothing had happened through the rest of the service." - L. Higgins

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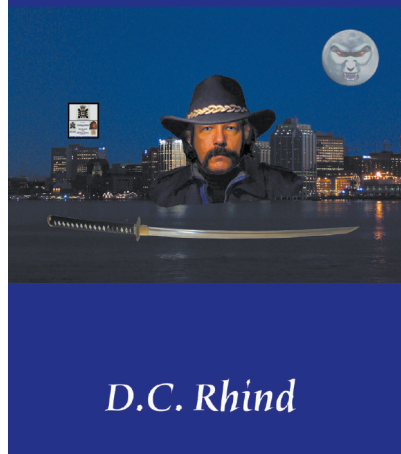
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D.C. Rhind



Michael Cameron has been a biology teacher and a martial arts instructor, an intelligent problem-solver. When all else fails, his grounding force has been Shaolin Zen and the discipline of Bushido. The death of his mother and learning that his father, former Detective Inspector Will Cameron, is dying of lung cancer, bring Michael back home, where he opens a martial arts studio.

Vampires have been part of society forever, living productive lives, if limited to the night shift. But some are renegade, preying on humans. Tony Dewhurst is a profiler for Interpol, specializing in these unique serial killers. Tony's knowledge of vampires is extensive and personal but he needs help from a man whose always been just a bit stronger and faster than most humans — a man named Michael Cameron.

More than one vampire is killing people in Halifax. Detective Inspector Pete MacDonald doesn't know how to deal with it. The public can't know about vampires. At first Mike is reluctant to help the police but he's been marked as a target. If vampires aren't enough of a shock, wait 'til he finds out why the martial arts always came so easily to him and why he's so fast.

Author Reading and Book-signing
Ferry Boat Lane, Perks Coffee, The Gallery
Thursday, August 27th, at 7:00 pm

TLC to perform at Timberlake benefit concert

The two surviving members of TLC, the record-breaking, four-time R&B Grammy winners, are set to play a show on U.S. soil for the first time in seven years — as part of a benefit concert hosted by Justin Timberlake. **METRO NEWS SERVICES**

entertainment 21

Food habits revisited

BRIAN COULTON
for Metro Canada



Battling plump-making pounds has long been the work of diet and exercise, but Scottish nutrition guru Gillian McKeith says the way to a healthy weight and fit form goes beyond food.

"There's a huge emotional component when it comes to food," says McKeith. "When I first started out, I realized you can get good results with just the food, but you don't get great results. You have to address these other issues, otherwise you will end up getting to a plateau and be stuck."

McKeith is helping out-of-shape Canadians acknowledge the emotional path that lead them to unhealthy lifestyles on the new program *Eat Yourself Sexy*, which premieres Sept. 2 on W Network.

"You may not be able to change the past, but at least acknowledging it is very important to moving away, letting go and moving on," she says. Baggage ranging from fractured relationships with a parent or partner,



Scottish nutrition guru Gillian McKeith will be helping Canadians in *Eat Yourself Sexy*.

through stress at work, to the death of a pet are all factors McKeith says may contribute to developing an unhealthy body. When she sees clients, she gives them an onion to symbolize such setbacks in one's life.

"That is to represent your original self — your core. It doesn't matter if you're rich, poor, old or young; Sometimes you will hold onto things that hold you back," she says. "We want to peel back all the layers of all the holding."

But McKeith's focus exceeds the individual. On *Eat Yourself Sexy*, she places equal emphasis on partners

of the women, believing they'll inevitably be left behind in the relationship if they don't co-operate.

"I want the relationship to grow, not to go," she says. "They have to really support in a way they haven't done before so they can nourish and nurture that relationship." In addition to insisting they make similar dietary changes, McKeith gives partners tasks like buying groceries, chopping vegetables or growing sprouted seeds.

And it's not just relationships McKeith says will become healthier as a result of her regiment. She recalls a woman depicted on the program named Erica who had developed type 2 diabetes, as a result of unhealthy eating habits. "Her freezer was mooing," she says, "It was like there'd been a slaughter at the zoo! There was every meat you could ever think of."

Within two weeks of following McKeith's plan, she says Erica's blood sugar levels had come down, and reverted to normal within two months.

Eat Yourself Sexy premieres Sept. 2 on W Network

HBO mulls show on sex advice column

TV HBO is considering a show based on Savage Love, the sex advice column syndicated in alternative weeklies.

In his blog for Seattle's

The Stranger, columnist Dan Savage said he has been working on "a non-airing presentation pilot for HBO" that would be called Savage Love.

Savage said the possible show "will focus on current events and cultural trends with sex as the filter."

REUTERS

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HA	H	D	B	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
8/26/09	31	31	31	ABC	News Center 5	ABC Wild News	Inside Edition	Chronicle	Wipeout (HDTV) (N)	(10:02) Crash Course	Primetime	
	7	7	7	ASN	The Road to Avonlea	Instant Star	TMZ (N)	America's Got Talent (N)	America's Got Talent (N)	CBC News: The National	Le Téléjournal	
	11	11	11	CBC	Coronation St.	Jeopardy!	Dragon's Den (HDTV)	The Tudors (DVS)	Bons baisers de France (SC)	CSI: NY	TVA 22 heures	
	2	2	2	CBC-F	Dre Grey, leçons d'anatomie	Des squelettes	L'Épicerie	Les Galas 2008 du Festival	Criminal Minds (HDTV)	Mollie (HDTV) (SC)	News Final (N)	
	32	32	32	CBS	WBZ News (N)	Evening News	Mayoral Debate From Boston.	Old Christine	Gary Unnarr	(10:02) In Plain Sight	Criminal Minds (HDTV)	CTV News
	69	69	69	CFTM	TVA 18 heures	Sûreté-salé	Poulet-oeufs or	Histoires-filles	Wipeout (HDTV) (N)	Big Bang Th	Gary Unnarr	
	6	6	6	CHIF	Entertainment	ET Canada	ET Canada	ET Canada	Doc Talk	EastLink Television		
	9	9	9	CJCH	etalk	Dance	CSI: NY "Veritas" (HDTV)	Fuelin' Around	Au Natural	Bones (HDTV)	Bones (HDTV)	Fox First
	10	10	10	ELTV	Incl. Revolution	Build It	Two/Half Men	Two/Half Men	Bones (HDTV)	America's Got Talent (N)	CBC News: The National	I, Psychopath
	36	36	36	FOX	Deal-No Deal	The Simpsons	Hollywood	Extra (N)	The Hour Paul Rudd.	Viewer Favorites	Great Performances (HDTV) (N)	
news	12	12	12	NBC	News (N)	NBC News	CBC News	Fortune	The Hour Paul Rudd.	Viewer Favorites	Great Performances (HDTV) (N)	
	29	29	29	NW	World News	Business	CBC News	Fortune	The Hour Paul Rudd.	Viewer Favorites	Great Performances (HDTV) (N)	
	4	4	4	PBS-B	NewsHour With Jim Lehrer	Viewer Favorites	Business Rpt.	Worldfocus	Ride Along the Lincoln	Bob Graton	Bob Graton	Le Sport
	35	35	35	PBS-D	NewsHour With Jim Lehrer	Viewer Favorites	Business Rpt.	Worldfocus	Ride Along the Lincoln	Bob Graton	Bob Graton	Le Sport
	68	68	68	TQS	Rire et délire	Chemin du golf	La Guerre des	10 façons	Latulippe et cie (SC)	Bob Graton	Bob Graton	Le Sport
	23	23	23	BNN	Business News	Headline	Market Call	Commodities	Workopolis TV	Business News	Barclays	Cooper 360
	18	18	18	CNN	Situation Room-World Blitz	Lou Dobbs Tonight	Les Gals 2008 du Festival	Campbell Brown (N)	Campbell Brown (N)	Golf	Golf	Barclays
	54	54	54	GOLF	Golf Central	European Tour	The Golf Fix	Lessons	19th Hole	Top 10	Golf	Barclays
	52	52	52	RSE	Sportsnet Connected	MMA Conn	UEFA Champions League Soccer	RaceNight				Sportsnet Con.
	55	55	55	SCOR	(6) HSR							Score Tonight
sports	45	45	45	SPD	Unique Whips	Pimp My Ride	Pass Time	Amer. Thunder	Pinks Outtakes	Pass Time (N)	Pass Time (N)	Wrecked
	53	53	53	TSN	SportsCentre	MLB Baseball Tampa Bay Rays at Toronto Blue Jays. From Rogers Centre in Toronto.						SportsCentre
	43	43	43	FAM	Zoe 101	Life Derek	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek
	44	44	44	TOON	Ben 10	Johnny Test	Jimmy Two	Total Drama	6TEEN	6TEEN	Futurama	American Dad
	26	26	26	TREE	Ni Hao, Kai-Lan	Big & Small	Backyardigans	Night Grdn	Max & Ruby	Franklin	Little Bear	Bucket-Dinos
	27	27	27	TVY	iCarly	iCarly	Crake & Josh	Prank Patrol	Malcolm-Mid.	Futurama	Survive This	Adrenaline Proj
	16	16	16	A&E	Cold Case Files	CSI: Miami "The Score"	Canadian Geographic		Dog the Bounty Hunter	Waban-aki: Sun Rises	Bounty Hunter	Bounty Hunter
	70	70	70	APTN	APTN National News (N)							Vitality Garden
	50	50	50	BET	106 & Park: BET's Top 10 Live				Never Die Alone ** (2004, Suspense)	DMX, David Arquette.		TBA
	37	37	37	BRVO	Wind at My Back	The Achievers	BravoVideos	Arts & Minds	O'Reagan File	Wingfield	Wingfield	Curveball
family	25	25	25	CMT	CMT's Greatest "Videos of All Time"			Home Improve.	Home Improve.	Reba	Reba	Hope & Faith
	49	49	49	COM	Laughs	Comedy Now	Air Force	22 Minutes	22 Minutes	Corner Gas	South Park	John Dore Show
	153	153	153	COURT	Struggle for Justice	World's Wildest Police Videos	Daily Planet	Mighty Ships (N)	Cops Uncut	Dumb Criminal	Declassified	Police Videos
	38	38	38	DISC	Qubit (N)	Qubit (N)	Daily Planet	Mighty Ships (N)	Cops Uncut	Dumb Criminal	Declassified	Police Videos
	34	34	34	HGTV	Holmes-Homes	Holmes-Homes	House Hunters	Property Virgin	Big City Breaker	The Stagers	After the Catch	House Hunters
	46	46	46	HIST	Crime Stories	NCIS "About Face"	One Tree Hill	Ice Road Truckers	Ice Road Truckers	Ice Road Truckers	NCIS	NCIS
	17	17	17	MM	Making His Band	The Daily Fix	Personal Effects (2009, Drama) Michelle Pfeiffer.	Dog the Bounty Hunter	Next of Kin ** (1989, Crime Drama)	Survivor	Survivor	Ghost Hunters
	19	19	19	MMM	mmtop10.ca							Seinfeld
	201	201	201	M1	(6:15) Burn After Reading							Seinfeld
	48	48	48	OLN	Mantracker "Buck & RJ"							Seinfeld
cable variety	51	51	51	PEACH	Seinfeld	Friends	Family Guy	Family Guy	Next of Kin ** (1989, Crime Drama)	Survivor	Survivor	Seinfeld
	206	206	206	PIX	(6:35) Hanover Street (1979, Romance)							Seinfeld
	67	67	67	RDI	RDI monde	RDI économie	24 Hours on 60 minutes	Grands reportages (SC)	Le Téléjournal (SC)	Time and Again (2007, Drama)	End of Leash	End of Leash
	39	39	39	SHOW	Trailer Park	Trailer Park	The Outer Limits	The Guard (HDTV)	End of Leash	End of Leash	End of Leash	End of Leash
	40	40	40	SLICE	So Chic	Skin Deep	Skin Deep	Til Debt-Part	Star Trek: Voyager	Star Trek: Voyager	Star Trek: Voyager	Star Trek: Voyager
	47	47	47	SPACE	Stargate SG-1 (DVS)							Stargate SG-1
	14	14	14	SPIKE	(7:09) Star Wars: Episode III - Revenge of the Sith *** (2005, Science Fiction) Ewan McGregor.							Star Wars: Episode III
	98	98	98	STAR	etalk	Hollywood	The Ellen DeGeneres Show	TMZ (N)	etalk	Canada's Next Top Model	Tonight Show	Tonight Show
	21	21	21	TLC	What Not to Wear	Restorer Guy	Stager	Lottery Changed My Life	Truth Be Told (HDTV) (N)	Toddler-Tiara	Toddler-Tiara	Raymond
	56	56	56	34 TROP	Office Temps	The Crow: Stairway to Heaven	La Vie est un cirque	Murder, She Wrote	Keeping Up	Foot in Grave	Medium	Medium
cable variety	20	20	20	TV5	Que.-champion	Journal de Fr2						Medium
	28	28	28	V	MythQuest "Orpheus"							Medium
	60	60	60	97 VIVA	Da Vinci's Inquest	Judging Amy						Medium
	22	22	22	W	Style by Jory	Style by Jory	Friends	Grocery Bag	Grocery Bag	Love It or List It	Good Witch	Good Witch
	251	251	251	WGN	Be-Millionaire	Evening News	Two/Half Men	Family Guy	America's Next Top Model	America's Next Top Model	America's Next Top Model	WGN News

critics' corner

The Tudors

This episode gives a whole new meaning to the term "doubting Thomas." As Henry (Jonathan Rhys Meyers) begins to feel remorse for having executed Sir Thomas More, Sir Thomas Cromwell (James Frain) sees his power growing. The queen (Natalie Dormer) is having security issues of her own, which aren't helped by the French king's refusal to allow the infant Elizabeth to be betrothed to one of his relatives. 9 PM on CBC



Crash Course

What is it about obstacle courses that seems to have captured the imagination of producers and viewers? Unlike "Wipeout," in which players must traverse a hilarious obstacle course on foot, this new series features couples competing in extreme driving challenges across what the network is calling an "outrageous" obstacle course for a cash prize. 10:02 PM on ABC

Curveball: W.P. Kinsella

He loved baseball, and because of his book "Shoeless Joe," so did many others. This documentary focuses on Kinsella, a Canadian author with several books and stories that were turned into popular, successful films and television series — including "Field of Dreams," "The Rez" and "Lieberman in Love." 11 PM on BRAVO

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Amy Winehouse is seeking \$80,000 in damages and suing her former mother-in-law, Georgette Fielder-Civil, for copyright infringement after she sold a personal letter Winehouse wrote to Blake Fielder-Civil while he was in prison. **METRO WORLD NEWS**

Celebrity Buzz

Jen uses boy-toys for fame?

THE RICH AND THE FAMOUS It seems fitting that Jennifer Aniston has been spotted holding hands with Gerard Butler. Friends of the actress say she pursues only guys who can keep her as high-profile as possible, usmagazine.com reports.

"Jennifer won't date a normal guy," a source told the current issue of Us Weekly of the 40-year-old actress. "She goes after the hottest thing of the moment, what she knows will get her the most

time in the spotlight," the insider continued.

Aniston is currently filming The Bounty Hunter with Gerard Butler, who starred in The Ugly Truth. Before that, she pursued Bradley Cooper, who anchored The Hangover, which has earned more than \$400 million US worldwide since hitting theatres in June.

She's also dated John Mayer (who won five Grammys in 2009 alone) and was married to Brad Pitt.



METRO NEWS SERVICES

Jon: Show is an obligation

WORSE THAN A DAY JOB? Jon Gosselin wouldn't mind punching the clock instead of appearing on a hit TLC reality show, usmagazine.com reports.

"I wish I had a 9 to 5 job instead of the nightmare I'm living. This is 24/7," he told usmagazine.com outside his \$1.1-million US Pennsylvania home Monday. "I don't even want to do taping for the show anymore."

But Gosselin says he's stuck



filming and doing promotional appearances to make as much money as possible. (A source also tells the current issue of Us Weekly that he's "suspicious" Kate is hiding cash ahead of their divorce proceedings. They make an estimated \$75,000 US per episode.)

"I have two houses and eight children to take care of and I need to work," he told Us.

METRO NEWS SERVICES

Robin's next role: Susan Boyle?

HILARITY Robin Williams putting on a dress to play Britain's Got Talent star Susan Boyle in a movie about her life?

It may sound ridiculous, but the comic actor insists it's a possibility.

"I've been asked if I want to play Susan in the



GETTY IMAGES

movie," Williams told Britain's Daily Telegraph. "I think she's incredible."

Williams has reportedly been entertaining his friends with impressions of Boyle in a thick Scottish accent reminiscent of his Mrs. Doubtfire role.

METRO WORLD NEWS

Jessica's dog a 'lesbian lova'?

WILD IMAGINATION Jessica Simpson thinks her dog is a lesbian. The singer-and-actress claims her multi-poo pooch Daisy — which was a gift from ex-husband Nick Lachey — has found happiness with a hound called Bella, femalefirst.co.uk reports.

Alongside a dimly-lit picture of the dogs, Simpson, 29, tweeted: "Daisy and her best friend Bella back

together again. Lesbian lovas forever! (sic)"

While Daisy has found love, Simpson is still bitter she's single after being dumped by football star Tony Romo. It was recently reported she had paid a witch she met on the Internet to put a curse on her ex-boyfriend.

A source said: "They lit a candle, burned some incense and performed a couple of incantations."

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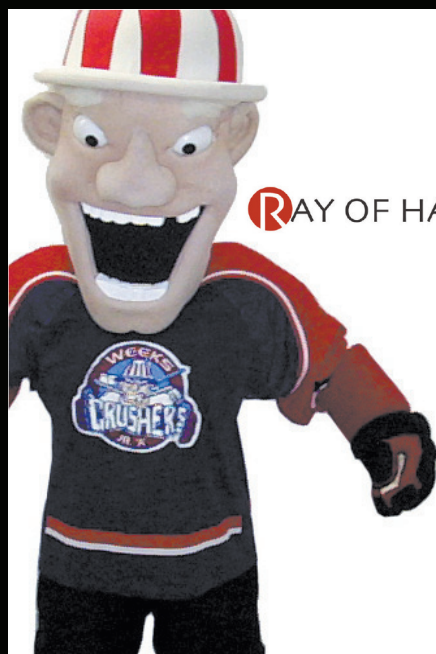
TomKat-inspired uniforms?

SARTORIAL The designers creating the new uniforms for the Church of Scientology staff members didn't have to look far for inspiration, taking their cues from high-profile church members Katie Holmes and Tom Cruise, according to the Guardian.

"In its entirety, the uniform

embodies the essence of international style, at home in Rome or London, but not out of place in Nashville or Inglewood, and equally well suited to South Africa and Australia," promotional material for the new outfits explained.

METRO WORLD NEWS



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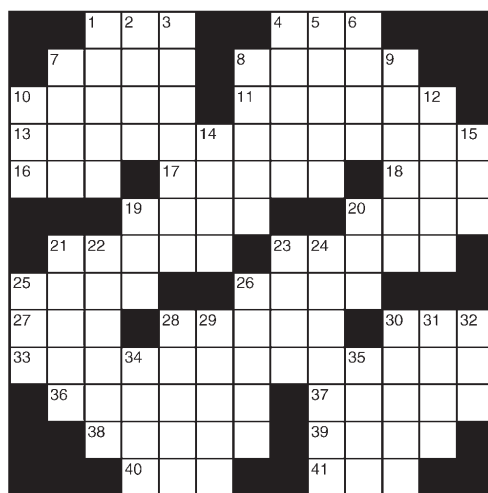
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Take Five



ACROSS

- 1 Star player, for short
- 4 Banned bug spray
- 7 No stay-at-home
- 8 Matlock's workplace
- 10 Cole Porter's "Gay" city
- 11 Like a lot
- 13 Square 1
- 16 Aviv preceder
- 17 Regions
- 18 Moving vehicle
- 19 Say it isn't so
- 20 Lexico-grapher's bk.
- 21 Gets dirty
- 23 Crouch
- 25 Actress Jessica
- 26 Libertine
- 27 Regret
- 28 Goggle member
- 30 "Skip to My—" 1996 Ewan McGregor movie
- 36 Word group

DOWN

- 1 Aesopian ending
- 2 Swerve
- 3 Knot for human consumption?
- 4 Evade
- 5 Writes a Dear John letter
- 6 Small combo
- 7 Fence opening
- 8 Shrewd
- 9 Miscellaneous data
- 10 Calif. hours
- 12 Make into law
- 14 Charged bits
- 15 Potent stick
- 19 24 horas
- 20 Payable
- 21 Soup eater's noise
- 22 Spelling meth-

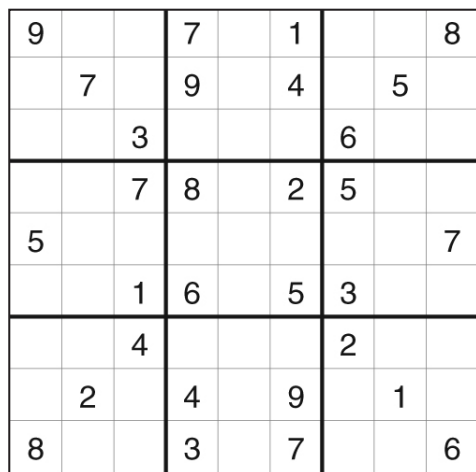
ods?

- 23 Average
- 24 100 centavos, in Guatemala
- 25 Illustrations
- 26 Force away
- 28 Grind your teeth
- 29 English composition
- 30 Airy airs
- 31 A single time
- 32 "Yecch!"
- 34 Rainbow
- 35 Turner or Fey

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



7	9	6	1	3	5	2	4	8
3	1	2	7	8	4	9	6	5
8	4	5	6	2	9	7	3	1
9	2	1	4	5	6	8	7	3
6	7	3	9	1	8	5	2	4
5	8	4	2	7	3	6	1	9
2	5	7	8	4	1	3	9	6
1	3	9	5	6	2	4	8	7
4	6	8	3	9	7	1	5	2

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day



Apple-Stuffed Pork Chops

INGREDIENTS:

- 1 tbsp (15 ml) chopped onion
- 1/4 cup (50 ml) butter
- 3 cups (750 ml) soft bread cubes
- 2 cups (500 ml) finely chopped apples
- 1/4 cup (50 ml) finely chopped celery
- 2 tsp (10 ml) minced fresh parsley
- 3/4 tsp (4 ml) salt, divided
- 6 bone-in pork loin chops
- 1/8 tsp (0.5 ml) pepper
- 1 tbsp (15 ml) vegetable oil

METHOD:

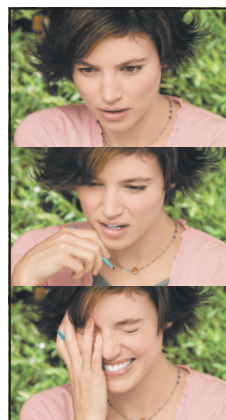
1. In small skillet, sauté onion in butter until tender. Remove from heat; add bread cubes, apples, celery, parsley and 1/4 tsp (1 ml) salt.
2. Cut pocket in each chop by making horizontal cut through meat almost to bone. Sprinkle inside and outside with pepper and remaining salt. Spoon stuffing loosely into pockets.

3. In large skillet, brown chops on both sides in oil. Place in large ungreased baking pan.
4. Cover and bake at 350 F (180 C) for 30 minutes. Uncover; bake for 30 minutes longer or until meat thermometer reads 160 F (71 C) when inserted into meat and juices run clear.
5. Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed diam nonummy nibh euismod tincidunt ut laoreet dolore magna aliquam.

Per Serving
364 calories, 19 g total fat, 8 g saturated fat, 15 g carbohydrate, 107 mg cholesterol, 2 g fibre, 32 g protein

rd.ca

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Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES

MARCH 21-APRIL 20
The worst possible thing you can do over the next 24 hours is try to guess what other people are thinking.

LIBRA

SEPT 23-OCT 23
As mind planet Mercury is now transiting your sign any doubts you had about what you were doing will be swept away.

TAURUS

APRIL 21-MAY 21
You have muddled through long enough and unless you get your affairs in order the muddle you're in could cost you dear.

SCORPIO

OCT 24-NOV 22
It may seem as if you are on a steep learning curve at the moment but you are up to the challenge.

GEMINI

MAY 22-JUNE 21
Don't let other people's doubts hold you back. If there is something you desire then go after it with all you've got.

SAGITTARIUS

NOV 23-DEC 21
Say the right words today and doors that have been closed to you in the past will miraculously open.

CANCER

JUNE 22-JULY 22
You may be having second thoughts about something that only yesterday seemed such a good idea.

CAPRICORN

DEC 22-JAN 20
You are advised not to take what you hear on the work front seriously today.

LEO

JULY 23-AUG 23
You speak your mind without fear or favor and the planets indicate you will be even more outspoken than usual today.

AQUARIUS

JAN 21-FEB 18
You need to stretch yourself mentally today, especially as you have been involved in some rather trivial matters of late.

VIRGO

AUG 24-SEPT 22
Don't take anything on trust today because others will take advantage of you if they think they can get away with it.

PISCES

FEB 19-MARCH 20
You need to make an effort to talk to people who can help you reach your full potential.



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